



**NEW  
REFERRAL  
BOOKING  
BONUS!**



## 2017 BRUNELLO ADVANTAGE CARD NOW AVAILABLE!

For more information on our **Early Bird Special** and **Referral Program**, visit our website:  
**THELINKSATBRUNELLO.COM**

**COMMIT  
BY NOV 15  
AND SAVE!**

# Halifax metro



**HE'S BACK**  
metroSPORTS



HALIFAX'S #1 NEWSPAPER | WEDNESDAY, OCTOBER 26, 2016

High 10°C/Low 4°C Scattered showers

JEFF HARPER/METRO



## Nothing sweet about this candy store closure

DOWNTOWN DARTMOUTH

### Winter very tough on this small business



**Adina  
Bresge**  
For Metro | Halifax

Stacey Cayea says she started a candy store because she wanted to bring a "bright spot" to Dartmouth — not to mention the sweet benefits.

Four years later, the Sugar Shok Treat Boutique is shutting down. Cayea cries as she talks about selling off everything in her store from stocks to sugary treats.

"I'm going to miss this place," Cayea said in an interview Tuesday afternoon. "I took a lot of pride in my business ... I really hoped I would retire here."

Cayea posted a letter to social media Tuesday announcing that Sugar Shok will close its doors by the end of next month.

"Gotta look on the bright side," she

tweeted. "After (four) years of making no money, earning minimum wage will make me feel like a millionaire."

Sweet-toothed Haligonians mourned the loss of one of Dartmouth's premiere dessert destinations on Twitter by remembering more delicious times.

"We loved your store and will miss your ice creams with our little one," a user posting under the name April O'Neil tweeted. "Thank you for the smiles."

Cayea cited a weak downtown economy and struggles running a candy store in a cold climate as reasons for shutting down her store.

"Summers are great. Winters suck," she said. "I looked at what I had and what I owe and it just wasn't realistic to keep it up."

When she started the store, Cayea said it seemed like the King's Wharf was in the midst of a "boom," but noted the area's reputation has lagged behind reality.

"It's changing people's perspectives," she explained. "You walk down the street, and it's not the 'hood.'"

Sugar Shok's staff can't believe



**Stacey Cayea in Sugar Shok in  
2012** JEFF HARPER/METRO

what's happening, Cayea said. While she is devastated to let go of them and her store, she's exhausted all other options.

"I feel like I did everything I could. If people want to see their downtowns thrive, they have to break out of their comfort zone."

Sugar Shok will be open through the end of November. The confectionary has started liquidation, so customers should grab their favourite treats while they can.

**'Strong message' Teachers vote overwhelmingly for strike mandate metroNEWS**

*Train for a career as a*  
**REGISTERED VETERINARY  
TECHNICIAN**

maritimebusinesscollege.com | 902-463-6700 | 45 Alderney Dr., Suite 100, Dartmouth, NS B2Y 2N6

**PROGRAM STARTS  
IN JANUARY.**  
Limited Spots Available.







Innovation  
that excites

# Rogue Nation



2016 NISSAN  
ROGUE® FROM  
**\$16,990\***



CASH FOR CLUNKERS:

**\$3,000**

Minimum Value On Your Trade

\* Plus freight, fees, and taxes with minimum trade in. See dealer for details. Exact vehicle model not shown.



CANADA'S  
**BEST  
MANAGED  
COMPANIES**  
Platinum member

**O'REGAN'S**  
DRIVING HIGHER STANDARDS

NISSAN  
HALIFAX  
DARTMOUTH

HALIFAX - 3461 KEMPT ROAD • 902-453-2020  
DARTMOUTH - 60 BAKER DRIVE, UNIT C • 902-469-8484  
OREGANSNISSANDARTMOUTH.COM | OREGANSNISSANHALIFAX.COM





The Light Workers Paranormal Investigations group. CONTRIBUTED

## Haunted Halifax

SPIRITS

### Paranormal investigators, but they're not Ghostbusters



**Adina Bresge**  
For Metro | Halifax

We've all heard the stories. A shadow of someone who isn't there, the sound of footsteps with no source. The grasp of a phantom arm in the dark, all alone. If there's something strange in Halifax, who are you going to call?

Light Workers Paranormal Investigations is an all-female

unit of supernatural detectives with seven years of experience scouring for specters at Halifax's historic sites. They also do house calls, free of charge.

Group founder and lead investigator Kimberly Lapierre and her team of psychics, historians and investigators search for "evidence" to validate people's experiences, but they're not spirit exterminators.

"It's not like Ghostbusters," Lapierre says with a laugh. "Which, by the way, is my favourite movie of all time." You can't actually "get rid" of a ghost, she says, but you can ask them to leave politely.

Lapierre says her squad relies on a range of techniques and equipment to detect the otherworldly. A lot of ghost

hunting is experimentation, she explains. Investigators may bring a variety of "trigger objects" to lure the dead out of hiding. A toy could elicit a juvenile ghost, for example.

Lapierre says her latest gadget of choice is the "ghost box," which she describes as a "rigged radio" of sorts that cycles through stations to pick up on phantasmic energy. In three investigations, she says, the device has transmitted voices from the other side — full phrases, specific names, answers to specific questions. "One of our investigators was wished a 'happy birthday' on her birthday," she says.

Sometimes, all the team gets are bits and pieces of songs, Lapierre says. "Clearly nothing."

Halifax is chock full of ghosts because of its rich history of shipwrecks and disasters, Lapierre says. Ghostly presences lurk in the crevices of the city's aging architecture. Spirits travel to and from the harbour in the fog.

Lapierre says one of her favourite haunts is York Redoubt. While never used in battle, the redoubt may be home to souls lost in the Halifax Explosion, she says. On a chilly October night, a radio journalist accompanied the Light Workers crew as they probed the lower fort. The journalist grew so hot he peeled off his coat. When the

crew went through the audio, they heard a voice: "Fire's coming. Get out."

Lapierre is undeterred by

those who doubt her team's findings. "To me, a skeptic is just someone who hasn't had an experience yet," she says.



90s to now

Break the routine.  
mix means variety.



## PROVINCIAL POLITICS

# Liberal's support drops by 10 points



**Adina Bresge**  
For Metro | Halifax

Nova Scotia's provincial politics remain firmly red after several years of Stephen McNeil's Liberal government, but the Progressive Conservatives are creeping up, according to a new poll.

An MQO Research report released Tuesday shows 53 per cent of decided and leaning voters in Nova Scotia continue to back the province's Liberal party, but support has dropped by 10 points since the market research firm's last poll in July.

Numbers indicate the Progressive Conservatives made an eight-point gain in support over the past three months at 25 per cent, but the party still has a ways to go if it wants to cut into the Liberal's majority.

Support for the New Democrats remains stable at 16 per cent. Meanwhile, the number of undecided voters continues to steadily grow from 24 per cent of Nova Scotians



**Premier Stephen McNeil.**  
METRO FILE

polled in April to 32 per cent this month.

There has been little change in the share of voters who feel the province is going in the wrong direction since the summer, the poll says, with approximately 29 per cent of voters reporting the Nova Scotia's outlook is "worse or a lot worse" than in recent past.

According to MQO Research, 600 Nova Scotian eligible voters were selected for the Oct. 4 to Oct. 15 survey and the margin of error is four per cent, 19 times out of 20.

## ECONOMICS

# Study calls for lift of trade barriers

Atlantic Canada needs a deal to reduce regulatory and trade barriers for areas as basic as the rules on trucks that carry goods around the region, says a report by an economic think tank.

The Atlantic Provinces Economic Council released a report Monday saying a region with a market six times smaller than Ontario's can't afford barriers in trucking, liquor sales and other sectors.

One restaurant owner told the researchers it was easier to purchase wine and beer inter-

nationally than from other Canadian provinces.

The study says removing all trade barriers between Canadian provinces could create gains as high as 3.3 per cent of gross domestic product, while the gains would be more than double that for the Atlantic provinces at 7.6 per cent of GDP.

The study points to priority areas, such as the transport industry, where the region still doesn't have a standardized system to monitor carriers' safety performance. THE CANADIAN PRESS



The Nova Scotia Teachers Union building is shown in Halifax on Tuesday. JEFF HARPER/METRO

# Teachers 'willing and ready' to walk

## COLLECTIVE BARGAINING

## Union receives overwhelming strike mandate after 96% vote



**Zane Woodford**  
Metro | Halifax

The president of the Nova Scotia Teachers Union says teachers don't want to strike, but Tuesday's strong vote in favour of a strike mandate shows they are "willing and ready" to hit the picket line.

Of Nova Scotia's 9,300 public school teachers, 96 per cent voted in favour of a strike mandate. Because substitute teachers working on Tuesday were

allowed to vote as well, turnout was 107 per cent.

"It sends a message that teachers are ready to stand up and fight for better education in Nova Scotia," NSTU president Liette Doucet said Tuesday night.

Teachers rejected a tentative agreement earlier this month when about 70 per cent of the union voted down the deal, with a 94 per cent turnout. They also rejected a deal in a vote last November.

"We were at the table, however it wasn't free and fair collective bargaining," Doucet said. "Many of the things we had asked for, they just could not come through with because there was no money on the table at all."

She said teachers are looking for a "fair salary package" with at least cost of living wage increases, and supports for stu-

**This sends a strong message to the government that the NSTU membership is united.**

NSTU president  
Liette Doucet

dents, including more resource teachers and learning centre teachers.

"There are so many supports that our students need that they're not getting right now," Doucet said.

The earliest any job action could happen is Dec. 3, after a "cooling period."

Doucet said the union will be

working between now and then for solutions.

"Teachers don't want a strike; teachers want to be in front of their students," she said. "We'll be looking to avoid a strike if at all possible, however, teachers have spoken, and they've told us loud and clear that they're willing to take job action if that is what is necessary."

In a statement released after the vote on Tuesday, education minister Karen Casey called the vote "a disappointment for parents and students, and for government."

The statement goes on to say that "government is listening," and has shown it's willing to make the necessary investments.

"I want to assure parents and guardians that their child's education is a priority for government."

2016  
BETWEEN:  
SUPREME COURT OF NOVA SCOTIA  
THE TORONTO-DOMINION BANK  
- and -  
MICHAEL FRANCIS CAMPBELL  
PLAINTIFF  
DEFENDANT

NOTICE OF PUBLIC AUCTION

TO BE SOLD AT PUBLIC AUCTION pursuant to an Order for Foreclosure, Sale and Possession granted by the Court, unless before the time of sale the amount due to the plaintiff on the mortgage foreclosed, plus costs to be taxed, are paid:

PROPERTY:  
ALL that certain lot, piece or parcel of land situate, lying and being in Halifax County, Nova Scotia, and known as Civic No. 11 Williams Lake Road, Halifax, Nova Scotia, property identification number 00309294 and described in a Mortgage dated December 15, 2011 and registered at the Halifax County Land Registration Office as Document No. 99749021.

This property has been migrated pursuant to the Land Registration Act.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Sheriff's office and may be inspected during business hours.

Date of Sale: Wednesday, November 23, 2016  
Time of Sale: 10:00 a.m.  
Place of Sale: The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia  
Terms: 10% deposit (payable by cash, certified cheque or Solicitor's trust cheque) at the time of sale, remainder within 15 days upon delivery of deed.

DATED at Halifax, Nova Scotia, the 18th day of October, 2016.

Selina Bath  
Wickwire Holm  
Barristers and Solicitors  
300-1801 Hollis Street  
Halifax, Nova Scotia B3J 2X6

MARTIN W. JONES, Auctioneer

2016  
BETWEEN:  
SUPREME COURT OF NOVA SCOTIA  
BANK OF MONTREAL, one of the chartered banks of Canada  
- and -  
KENNETH CONWAY CAPITAL INC. and KENNETH CONWAY  
PLAINTIFF  
DEFENDANTS

NOTICE OF PUBLIC AUCTION

To be sold at Public Auction under an order for foreclosure, sale and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property: ALL that certain parcel of land known as 112 Pinecrest Drive, Dartmouth, Halifax County, Nova Scotia, also known as PID 40415812 and more fully described in the mortgage registered at the Halifax County Land Registration Office as document number 90375875. The parcel has been registered pursuant to the Land Registration Act. The parcel is subject to a Restrictive Covenants (Burden) registered at the Halifax County Land Registration Office in Book 1858 at Page 669 as Document No. 23441.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's Office and may be inspected during business hours.

Date of Sale: October 28, 2016  
Time of Sale: 10:00 o'clock in the forenoon.  
Place of Sale: The Halifax Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia  
Terms: Ten per cent (10%) deposit payable to BoyneClarke LLP, in trust by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

Signature  
Signed on the \_\_\_\_ day of September, 2016.

I, Andrew Rankin  
BUTCHER  
1800-1801 Hollis Street  
Halifax, NS B3J 3N4  
Telephone: 902-423-6361/Fax: 902-420-9326  
11257-1087639/csm

Joshua J. Santimaw, BoyneClarke LLP,  
Barrister and Solicitor



# Vinyl: It's the great connector

## MUSIC APPRECIATION

**Club brings people of all ages together to enjoy LPs**



**Haley Ryan**  
Metro | Halifax

From a little boy discovering Iron Maiden with his dad, to Iraqi immigrants sharing their love of the Fugees, a Halifax library program is using vinyl to draw in people of all ages.

The free Deep Cuts Vinyl Music Club has been held at least once a month, in partnership with Taz Records, since March. The record-listening events at the central library have ranged from D'Angelo's Black Messiah to Prince's Purple Rain, to Pet Sounds by The Beach Boys.

"People ... seem to have a real soft spot for (vinyl), even the younger people like the hipsters. They enjoy it because it's a real medium, it's a real physical thing," said Josh Lake, club creator and media studios assistant at the library.

"The sound quality is fantastic. It's warm, it's deep, there's quite a wide dynamic range."

From the very first event, Lake said, he's been pleasantly surprised by the variety of ages and backgrounds that attend. There are usually about 20 to 30 people, including young couples in their 20s, middle-aged parents with kids, and seniors — all enjoying the music, then discussing the album artwork and what they know about it.

"I did AC/DC's Back in Black in August and I had seniors; that was the majority of the



Josh Lake, host of the Deep Cuts Vinyl Music Club, holds listening experiences at least monthly at the central library, in partnership with Taz. JEFF HARPER/METRO

group that night ... which is something you don't really expect," Lake said.

Vinyl is one of the few musical platforms that brings generations together and forges connections between generations — grandparents who have only ever used vinyl, and teens discovering its quality amid a dislike for digital music, Lake said.

It's interesting to see what type of people are drawn to certain albums, he added, such as the father who came

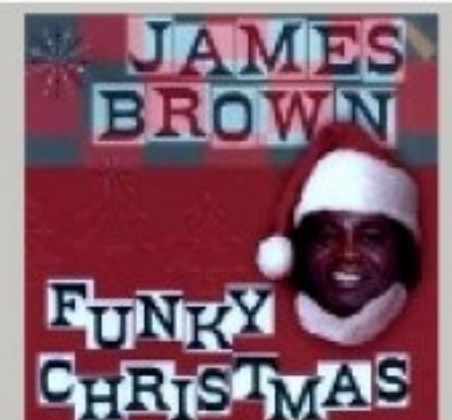
to "indoctrinate his son into all things metal" by listening to Iron Maiden's Powerslave, and a group of men from Iraq who came for The Score by the Fugees.

"We talked at length afterwards and how much they loved the genre of hip-hop from their home country, and how much they loved that particular album. They'd been listening to that album for years," Lake said. "Music can be healing, transcendent. It's a wonderful medium."

## + UPCOMING ALBUMS

**Nov. 9 from 7-8 p.m.**  
Loretta Lynn: Van Lear Rose.

**December**  
Phil Spector: A Christmas Gift for You, and James Brown: Funky Christmas. (Check [halifaxpubliclibraries.ca](http://halifaxpubliclibraries.ca) for precise date, closer to the time.)



## SACKVILLE

# Stadium partly reopens after fire



**Haley Ryan**  
Metro | Halifax

The Sackville Sports Stadium has mostly reopened after a small fire on Monday, but the pool will be closed for the rest of the week.

On Tuesday, the stadium posted an update to Facebook saying all aquatics programs (swim lessons, open swims, pool rentals and water exercise) are cancelled from now until Sunday "as we assess damage to the pool area."

A detailed timeline for the pool closure and reinstatement of aquatics programs will be posted to the stadium's website ([thestadium.ca](http://thestadium.ca)) and social media by Wednesday at 1 p.m.

"We sincerely appreciate your ongoing patience as we manage this unexpected issue," the statement said.

The stadium was shut down Monday afternoon when smoke caused by a small fire on the roof entered the building through the ventilation system, HRM said in an earlier release.

## POLICE

### Woman robbed, assaulted

Police are asking for the public's help after a woman was robbed and assaulted in downtown Halifax.

Halifax Regional Police said they were told of a disturbance in an alleyway on Grafton Street near Blowers Street around 4 a.m. Sunday.

Officers arrived in the area and saw a 21-year-old woman lying on the ground trying to get up. She told police that was walking on Grafton Street near Carmichael Street when she struck up a conversation with two women she didn't know.

She said the women asked her if she had any money, then grabbed her by the hair, assaulted her and took cash from her.

She was taken to the hospital with non-life-threatening injuries.

The suspects are described as 20 to 30 years old. One was black, about five-foot-four and 150 pounds. There is no further description of the second woman.

Police are asking anyone with information to call 902-490-5016, or send an anonymous tip to Crime Stoppers.

HALEY RYAN/METRO

## BAY OF FUNDY

# Turbine testing OK to go, court rules

The Supreme Court of Nova Scotia has denied an effort by a fishermen's group to halt testing of tidal turbines in the Bay of Fundy.

The Bay of Fundy Inshore Fisherman's Association had wanted the court to stop Cape Sharp Tidal's plan to test two turbines from assessing potential for producing electricity from the tidal forces of the bay.

The group wanted the testing in the seabed of the Minas Passage halted until a judicial review could be heard in February of the Department of Environment's decision to ap-

prove the project.

But Justice Jamie Campbell denied the stay, saying the fisherman's group has not proven the risk of irreparable harm before the judicial review.

Campbell says in the absence of evidence of the risk of irreparable harm, Cape Sharp Tidal should be allowed to proceed based on the approvals it has already obtained.

The fisherman's association was not immediately available for comment Tuesday.

The judicial review is set to be heard on Feb. 1 and 2.

THE CANADIAN PRESS



# 2 MILLION \$ LIQUIDATION @ LUMBER MART

**SALE EXTENDED until October 30th!!**

**FINISHING A DECK OR FENCE?**

**15% OFF**

**PRESSURE TREATED LUMBER**

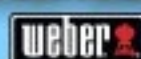
Then Add Some **HARDWARE**



**15% OFF**

**NUVO IRON™**

**THE BEST TIME TO BUY BBQs**

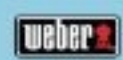


**Genesis S-310LP BBQ**

38,000 BTU  
3 stainless steel burners

Reg. \$1249 **NOW!**

**\$999**

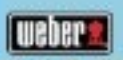


**E420**

4 Stainless burners  
48,800 BTU  
Reg. \$2099

**ON SALE FOR?**

(Not allowed to advertise \$ Come in and ask... IT'S GOOD!)



**Q1200**

8,500 BTU  
Portable Tabletop BBQ

**Christmas Is Coming!**

**\$279**

ALL IN STOCK

**ACCESORIES 25% OFF**

**WINDOWS**

Leaky, Stuck or Gross?  
**In Stock Windows**



**TAX FREE!**

**DOORS TOO!**

If It's In Stock It's...

**TAX FREE!**



ALSO 5' PATIO DOORS **\$497**

#1

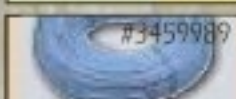
**SMART PANEL**

**\$37**

4' x 8' panel

Reg. \$47.99

#SMARTPANEL1



**14/2 - 75M HOUSE & GARAGE ELECTRICAL WIRE**

**\$47**

Reg. \$9.99



**5' American Standard ACRYLIC TUB**

**\$187**

Reg. \$299



**CHEAP SHEETS! 1/4" OSB**

**\$9.97**

Reg. 13.29



**Space-Saver VANITY**

**\$87**

Reg. \$124.99



**PLUMBERS ANTIFREEZE**

**\$2.97**

Reg. 3.99 ea.



**BLEMISHED INTERIOR DOORS**

**\$25 \$50**

Reg. \$39.99



**Eastern Cedar #2 Clear WOOD SHINGLES**

**\$16.97**

Reg. \$22.99



**6" x 36" WOOD CHIMNEY**

**\$77**

Reg. \$92.99



**TAR PAPER**

**\$7**

Reg. \$22.99



**WEATHERED HANDRAIL POST**

**\$9**

Reg. \$16.99

**GET YOUR ROOF**



Done Before Winter!

Mystique - Lifetime..... **\$23.97**

Dakota - 25-Year..... **\$21.97**



1-1/4" COIL NAILS

**\$19**

Reg. \$31.99

**MINI SKYLIGHTS**

with flashing kits

GA1422CTEA Reg. \$99

**14" x 22" \$77**

GA2222CTEA

**22" x 22" \$97**

**HEATING BILL TOO HIGH? INSULATION**



Go for Pink!

R-2015 / R-2023 **57¢** sq. ft.



or Yellow Only R-12 **27¢** sq. ft.

**BASEMENTS**



1200 sheets only

**1/2" DRYWALL** SMALL BLEMISHES

CASH & CARRY **\$6.87**

4' X 8' Sheet

DON'T FORGET THE MUD! **\$15**

#1617 Compare at \$25

**Basement Need Ventilation?**

**FAN AIR**

Reg. \$349

**\$247**

#FANAIR

**FLOORING**

**12mm PIKA WIDEPLANK**

Reg. \$1.89 **\$1.17** sq. ft.

13" x 13" Santa Barbara Porcelain

Reg. \$1.99 **\$1.27** sq. ft.

12" x 24" Textile Tile

Reg. \$2.29 **\$1.37** sq. ft.

13" x 13" Mosaic Porcelain

Reg. \$3.49 **\$2.47** sq. ft.

**WATERPROOF LAMINATE**

6mm TILE 6mm PLANK Reg. \$3.99 **\$2.87** sq. ft.



**DARTMOUTH**



Shop early for best selection, some items may be limited in quantities. Some items may not be exactly as shown. Any discounts offered are off our regular retail, sale items not applicable.

15 Wright Ave., DARTMOUTH, NS

**902-468-7772**

STORE HOURS: Mon-Fri: 7:00am-6:00pm  
Sat: 8:00am-5:30pm • Sun: 10:00am-3:00pm

751 Herring Cove Rd., HALIFAX, NS

**902-477-6500**

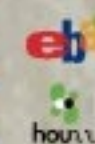
STORE HOURS: Mon-Fri: 8:00am-6:00pm  
Sat: 8:00am-5:30pm • Sun: 10:00am-3:00pm

WEB: [www.lumbermart.ca](http://www.lumbermart.ca)



EARN AIR MILES HERE

Visa, Mastercard, American Express, TIMBER MART Card & Debit Accepted



**HALIFAX**



# A new era of warships on way

## NAVY

### Feds open global contest for designs to be built here

The federal government is poised to fire the starting gun on the long-awaited, multi-billion-dollar race to design and build the navy's newest warships.

The competition, which involves 12 of the largest defence and shipbuilding companies in the world, is expected to be launched on Thursday after years of

debate, delays and hand-wringing.

Companies will be given six months to submit designs for a new warship which will replace the navy's 12 frigates and its three recently retired destroyers.

The winning design, pegged by one source as worth upwards of \$10 billion out of a project that's expected to cost between \$26 billion and \$40 billion, will be built by Irving Shipyards in Halifax, with the first ship scheduled to hit the water in 2024.

"This is the product of close to a decade of hard work to get to this point, which is hopefully going to lead in

short order to actually cutting steel on warships for Canada," said defence analyst David Perry of the Canadian Global Affairs Institute.

But some companies have already been grumbling about the process, raising fears the competition could hit rocky waters and produce further delays and problems.

Among the complaints is the role of Irving Shipyards, which is actually running the competition.

That has sparked allegations the competition will be biased in favour of designs put forward by companies with which Irving has a pre-existing relationship.

Irving and the government have pushed back against such allegations, saying the navy will be watching over Irving's shoulder and that the entire process has been approved by an independent fairness monitor.

There has also been unhappiness about the government letting a British company compete even though its design is still only on paper. Some have drawn comparisons to the F-35 stealth fighter.

It's hoped that some other potential stumbling blocks have been resolved, though that won't become clear until all the bids are in six months

from now.

Those include balancing the government's decision to buy a pre-existing design from another country with its desire to include Canadian-made components and equipment. Companies also pushed back on the government's demand to have the full blueprints for whatever ship design it chooses.

The two sides have instead agreed that whatever company has the top design will enter into negotiations with the government over intellectual property rights before a contract is awarded.

If an agreement can't be reached, the government can

## + BUDGET

### Pegged at \$40 billion

The previous Conservative government had promised 15 ships for \$26 billion when it announced the warship project in 2010, but naval officials pegged the cost last year at closer to \$40 billion.

The Liberal government has since said it will not decide on a budget or number of ships until later.

go to the next company.  
THE CANADIAN PRESS

## APPEAL

### Dennis Oland granted bail

Dennis Oland has been granted bail, a day after New Brunswick's Court of Appeal quashed his murder conviction.

Justice Marc Richard said Oland has regained the presumption of innocence, and he's no threat to flee or cause violence.

The judge said the public's faith would be shaken more by Oland's continued detention than by an order granted him bail.

The appeal court ordered a new trial Monday, 10 months after a jury convicted him of second-degree murder in the bludgeoning death of his multi-millionaire father, Richard.

The appeal court found the trial judge did not instruct the jury on evidence around the jacket Oland was wearing the day of the murder. THE CANADIAN PRESS



## NEPTUNE

### SMALL THINGS

Heather Rankin (standing) is Birdy and Stephanie MacDonald is Dell in Neptune Theatre's production of Small Things. The play, by director and playwright Daniel MacIvor, is about three women all trying to find connection, common ground, and love in the modern world. It runs from October 25 until November 13 on the Scotiabank Stage.

JEFF HARPER/METRO

2016 CHEVY

# TRAX

YOU SAVE  
\$5,250

Fusing small-car agility and utility convenience of an SUV, Trax offers a sporty and sleek appearance combined with an Ecotec 1.4L turbocharged engine under the hood. The efficiency of a small engine with the power of a larger engine on-demand. ~~WAS \$22,495~~

NOW: **\$17,245\***

# Steele



636 PORTLAND ST.  
DARTMOUTH, NS  
PH: 902.982.3817 TF: 1.888.814.8882  
WWW.STEELECHEV.COM



**WE PAY  
UNTIL 2017**

OCT NOV DEC

ON 2017 AND SELECT 2016 MODELS

\*Rebates to dealer. Price is plus tax, freight & admin. \*\*Plus applicable taxes. OAC. May not be exactly as shown.



# Where are the women?

POLITICS

## Pay equity panel gaffe highlights need for better representation



**Emma Jackson**  
Metro | Ottawa

The absence of women on most House of Commons committees comes down to "a supply problem," according to Equal Voice.

The federal finance committee took some heat last week when its lone female member was missing from a pre-budget consultation in Charlottetown.

A public delegate tweeted the irony of presenting her pay equity concerns to a panel of men.

Finance committee member and Pickering-Uxbridge MP Jennifer O'Connell had been away that week. Her absence was notable as the only woman on the committee, which has been hearing from public witnesses on budget-related issues.

Conservative MP Lisa Raitt was also a member until recently, when she stepped down to consider a crack at the Tory leadership.

Equal Voice spokeswoman Nancy Peckford said it's not surprising the Conservatives didn't choose a female replacement.

"There's simply not enough women left over among the remaining female members to fill those committees," Peckford said.

There are only 88 women in the House, a mere 26 per cent.

Seventeen of those are Conservative, while 50 are Liberal.

It's a problem that reaches far beyond just one committee.

Most standing committees include only one or two women. And two — the Access to Information, Privacy and Ethics committee and the Industry, Science and Technology committee — have none at all. Only the Status of Women and special pay equity committees have female majorities.

This dismal representation highlights a broader need to get more women into elected office in the first place, Peckford said.

PROTEST

## Youth turn their backs on Trudeau

Dozens of delegates at a youth labour forum turned their backs Tuesday on Prime Minister Justin Trudeau, using body language to express their frustrations with everything from global warming to so-called precarious work.

As Trudeau began taking questions from two of the forum's hosts, some delegates began to heckle and jeer while several rows of young people turned to face the back of the room, prompting harsh words from the prime minister himself.

Their actions sent the wrong signal to the other young people in the room, Trudeau told his detractors.

"It is a little bit frustrating for me to come in, sit down, look forward to hearing from you, talking with you, and seeing a room full of people who are standing in a way that shows they're not listening," he said.

"And I think it reflects poorly on everyone who does want to listen and engage."

While Trudeau was applauded and cheered by some for defending himself, several delegates shouted back, calling the PM a "hypocrite" and holding signs reading "Keep the Promise."



Protesters turn their backs on Prime Minister Justin Trudeau in Ottawa on Tuesday. THE CANADIAN PRESS

Many of the delegates were upset with the Liberal government's support for the controversial Trans Pacific Partnership trade deal, as well as Finance Minister Bill Morneau's recent comments about "job churn."

This past weekend, Morneau told Liberal party insiders in Niagara Falls that the government needs to prepare for high turnover and short-term contracts

among youth because such jobs are here to stay.

"How do we train and retrain people as they move from job to job? Because it's going to happen. We have to accept that," Morneau said.

The comments prompted cries of arrogance from the opposition Conservatives and New Democrats, who accused the finance minister of lacking

an understanding of Canada's youth unemployment problem.

Many young people at Tuesday's forum, which was organized by the Canadian Labour Congress, voiced frustration about their employment prospects, and booed as Trudeau also suggested that precarious work — including jobs with no pensions — is a fact of life.

THE CANADIAN PRESS

## RECEPTIONIST/ SALES COORDINATOR PART TIME POSITION

Reporting to the Administrative Specialist and Business Project Coordinator, Metro English Canada, the right candidate will carry out a range of Reception & Clerical tasks related to the daily operations for Metro Halifax. As well as provide support to the sales manager and any additional administrative support as needed.

### PRIMARY RESPONSIBILITIES:

- Responsible for all reception/clerical projects as assigned
- Responsible for the general daily office operations
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with queries and complaints, by email, phone and in person
- Data input of ad bookings from sales reps
- Completion of various reports daily, weekly, and monthly, pertaining to the sales team

### REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Individuals interested and having the skills described are requested to submit their resume and cover letter on our career site at: <https://careers-starmediagroup.icims.com/jobs/1075/receptionist-sales-coordinator/job> no later than October 30, 2016. All submissions will be treated as confidential! Thank you for your interest in joining our Metro News Team!

**metro**

## Nurse charged in eight deaths

Friends and families of elderly residents who died in care facilities in Southwestern Ontario between 2007 and 2014 are reliving their pain all over again.

Police laid eight first-degree charges on Tuesday against registered nurse Elizabeth Tracey Mae Wettlaufer, 49, of Woodstock, who is accused of murdering

eight elderly nursing home residents between 2007 and 2014.

All the victims were nursing home residents in the Woodstock and London area over a seven-year period.

At a packed news conference, police said that Wettlaufer allegedly used drugs to end the lives of the eight residents. Police

would not say if nursing home records showed that drugs had gone missing.

Police said they believe Wettlaufer also worked at other long-term care facilities in the province. Investigators could not specify which facilities, nor would they speak to a motive.

TORSTAR NEWS SERVICE

## Transportation and Relocation Protection Plan

*Extra support when you need it most.*



We live in a fast-paced world and many of us travel frequently on business or pleasure.

**What would you or your loved ones do if someone died while away from home?**

**YOU'RE PROTECTED YEAR-ROUND, 24/7 FOR THE REST OF YOUR LIFE.**

**We will cover all costs associated with bringing you or your loved one home, including shipping.**

**Call for details Today:**

J.A. Snow Funeral Home | 902-455-0531  
Cruikshanks Funeral Home | 902-423-7295  
A.L. Mattatall Funeral Home | 902-461-0700  
Jaynes Funeral Home | 902-245-2525



# Pakistan reeling from terror assault

TERRORISM

## Volatile mix of militant groups and sectarianism causes bloodshed

Pakistan is reeling from yet another deadly assault, after militants wearing suicide vests rampaged through a police academy in the southwestern city of Quetta, battling for four hours before blowing themselves up and leaving 61 people dead.

The ability of militants to breach security and kill with ferocity has confounded the country. Extremists have been carrying out numerous attacks for years, killing military personnel, police, school children and worshippers kneeling in prayer.

One reason is the sheer number and variety of extremist groups, some of which have been battling the military in a bid to bring down the gov-



**Pakistan Prime Minister Nawaz Sharif** talks to a survivor of an overnight attack on the Police Training Academy at a hospital in Quetta, Pakistan on Tuesday. THE ASSOCIATED PRESS

ernment.

Another intertwined reason is the state's complicated relationship with extremists. The powerful military has a history of using some militants to target neighbour and rival India, and successive governments have sought to win political support from hard-liners by

promoting and cultivating extremist ideologies. Then there is also Pakistan's connection with generations of militants involved in the more than 30 years of constant warfare in neighbouring Afghanistan.

### WHERE IT ALL BEGAN

When the Soviet Union Russians invaded Afghanistan in

1979, Pakistan became the staging arena for the mujahedeen, or Islamic holy warriors, who fought the Russian occupation in one of the last great Cold War battles.

### MILITANT GROUPS

Now a multitude of militant groups are flourishing, championing a variety of causes.

Some have declared war on the Pakistan government and military. Examples are the Pakistani Taliban, or Tehrik-e-Taliban, and breakaway factions like Jamaat-ul-Ahrar. Other groups, like Lashkar-e-Tayyaba and Jaish-e-Mohammed, focus on fighting Pakistan's neighbour and rival India.

### STATE RESPONSE

Despite repeated denials, Pakistan's army is still often accused of being selective in which groups it cracks down on. Pakistan's government has devised a National Action Plan aimed at curbing militancy but many complain its implementation has been erratic.

THE ASSOCIATED PRESS

FRANCE

## Crews demolish migrant dwellings

Crews in hard hats and orange jumpsuits on Tuesday started dismantling a makeshift camp in France that has become a symbol of Europe's migrant crisis while thousands of people remained there waiting to be relocated.

The workers used their gloved hands to tear down flimsy plywood shelters, tarp-covered huts and other temporary buildings at the camp in the port city of Calais known as "the jungle." Backhoes, construction dumpsters and trucks carted off the debris.

The demolition took place under the watch of police officers as authorities are emptying

the camp of an estimated 6,300 people who have been living there, down from a height of 10,000 this summer.

"I'm very sad. It's our home here ... We can't feel anything, even life," Ahmed Anwar, 28, of Sudan, said as backhoes tore up the first dwellings. "No one cares about us."

Local officials said the demolition work would be lengthy given the delicate task of clearing the camp by hand and with small machines. Extra precautions are being taken to make sure no one is inside the structures and that workers are not injured.

THE ASSOCIATED PRESS

## AUSTRALIA

### Malfunctioning ride kills four at theme park

Four people including a young mother and her brother were killed Tuesday after a river rapids ride malfunctioned at a popular theme park on Australia's east coast, officials said.

Two men and two women died while on the

ride at Dreamworld, a park on Queensland state's Gold Coast, Queensland police officer Tod Reid told reporters.

Two children who were in the raft were hospitalized, Queensland Premier Annastacia Palaszczuk said Wednesday.

THE ASSOCIATED PRESS

**FUJITSU**

**Ductless Heat Pump**

**PRE-WINTER Special:**

**Was \$4250 Now \$3995**

**Qualifies for \$300 rebate from Efficiency NS for homes with electric heat.**

**Call (902) 701-7784**

**To Book a Consultation Today**

**Congratulations**

**Deanna Lumax**

Selected as  
Allstate's 2016 Regional  
Community Hero

**Allstate.**  
You're in good hands.

Deanna Lumax is a hero — and she lives right in your community. The Allstate Community Hero Award recognizes outstanding agents for volunteerism, presence and leadership in their community. Deanna is such a person and we are proud she's on our team.

Dartmouth Crossing • 59 Gale Terrace • 902-702-0182

\*Trademark used under license by Allstate Insurance Company



# Trade deal roadblock

## BELGIUM

### Tiny region of Wallonia can hijack Canada, Europe pact

It's a serious case of the tail wagging the dog.

For days now, the small Belgian region of Wallonia, population 3.6 million, has been holding up the signature of a landmark free-trade deal between Canada, population 35 million, and the European Union, population 500 million.

Because of Belgium's convoluted constitutional setup, Belgium can only give its approval to the deal if all its regions do, too.

Prime Minister Justin Trudeau is waiting to know if he should board a plane to come sign the deal Thursday.

For EU leaders, it's been frustrating. Here's a look at the situation.

#### SEVEN YEARS. ALL FOR NAUGHT?

The trade deal with Canada has



Protesters hold inflatable letters as they demonstrate outside a meeting of EU trade ministers at the EU Council building in Luxembourg on Oct. 18. THE ASSOCIATED PRESS FILE

been seven years in the making. To make life easier, the 28 EU nations let their executive Commission do the negotiating and in 2014, the process of ratification by EU governments started. All the national governments wanted to officially sign the pact on Thursday with Trudeau. Then, Wallonia cleared its throat and noted that it had raised some objections months ago and was not ready to sign on.

#### HOW DID WALLONIA GET THAT IMPORTANT?

Blame the EU — and Belgium. Since the initial talks with Canada finished in 2014, protests increased about this being a secretive deal negotiated by the elite, for the elite, taking the interests of multinationals more at heart than those of common people. To improve transparency, the EU agreed to let national and regional legislatures also have their say. That

went relatively smoothly everywhere but Belgium. A largely bilingual nation of Dutch and French speakers, Belgium has over the past half-century given more autonomy to the regions. Since the 1990s, it has also let them have their say on international trade agreements.

#### DOES WALLONIA HAVE A HIDDEN AGENDA?

It's a question many are asking. Wallonia has been a Socialist

stronghold in Belgium dating back to the industrial revolution, when its coal and steel industry made it wealthy. It had been part of national Belgian governments for decades until liberal Charles Michel swept to power two years ago. Sidelined by Michel, critics say, the Parti Socialiste has been ready to sabotage the centre-right government at the first opportunity.

#### WHERE DOES THIS LEAVE THE EU?

In deep embarrassment. The EU prides itself on being the world's biggest trading bloc and wants to show it is a reliable partner on the global stage. Failing to sign a treaty with a longtime ally because of the objections of a region in a single state looks bad and smacks of incompetence. The EU will try to negotiate with Wallonia to solve its last objections. The EU is also seeking similar trade deals with the United States and Japan, and observers say that if the agreement with Canada gets derailed now, there is little hope for future deals.

THE ASSOCIATED PRESS

## DISPUTE SETTLEMENT

### Leaders to address concerns

One day before Belgium's Wallonia region formally rejected the Canada-EU free trade deal, the two sides pledged in writing to strengthen the controversial dispute settlement section of the pact.

The apparent concession to the Walloons was made Oct. 13 in a short annex Canada and Europe crafted to assuage critics of the Comprehensive Economic and Trade Agreement (CETA).

The two sides said they would do more work to ensure the people appointed to dispute tribunals were free of bias and conflicts of interest.

A leaked document provides insight into the sticking point.

"The European Union and its member states and Canada have agreed to begin immediately further work on a code of conduct to further ensure the impartiality of the members of the tribunals, on the method of their remuneration and the process for the selection," said the line that was added to the Oct. 13 "Joint Interpretative Declaration." THE CANADIAN PRESS

## O'REGAN'S ON ROBIE FALL 2016 CLEARANCE

THE ALL-NEW 2016 CHEVROLET CRUZE LT SEDAN

FIND NEW ROADS

\$98 BI-WEEKLY FOR 48 MONTHS

\$0 DOWN PAYMENT + NO PAYMENTS UNTIL 2017

APPLE CAR



#### FEATURES:

Automatic Transmission, Air, Power Group, Keyless Remote Start, Convenience Package, Rear Camera, Heated Seats, MyLink 7" Touchscreen, Android Auto & Apple Carplay Compatible.

ALL NEW VEHICLES COME WITH:

CHEVROLET COMPLETE CARE

2

YEARS/48,000 KM COMPLEMENTARY OIL CHANGES\*\*

5

YEARS/100,000 KM POWERTRAIN WARRANTY\*\*

5

YEARS/100,000 KM ROADSIDE ASSISTANCE\*

CHEVROLET



CHEVROLET | BUICK  
GMC | CADILLAC

2477 ROBIE STREET  
902-422-8551  
OREGANSONROBIE.COM



O'REGAN'S  
DRIVING HIGHER STANDARDS®

48 Month lease allows 20,000km per year. OAC. Taxes & delivery fees are extra. Offer ends October 31st. Visit O'Regan's on Robie for complete details.

## HEALTH

### Shoppers Drug Mart applies to distribute medicinal pot

Shoppers Drug Mart has submitted an application to distribute medical marijuana — a move that could change how patients get access to the drug.

But although the pharmacy chain says allowing it to dispense cannabis would improve patient care, some industry players are voicing concerns that users could face higher prices and have access to fewer strains.

Federal regulations only allow registered patients to buy cannabis directly from licensed producers, who send the product

to clients by mail.

That means that even if Shoppers Drug Mart's application is approved, Canada's largest pharmacy chain won't be permitted to sell medical marijuana unless Ottawa revises the rules.

Shoppers Drug Mart spokeswoman Tammy Smith says the company is hopeful that the federal government will do so.

The number of clients registered with Health Canada to use medical cannabis has grown. At the end of June there were 75,166 registered clients under

the medical marijuana regime, according to the Health Canada's website.

That's up 40 per cent from the previous quarter, when there were 53,649 clients.

Reckitt spokesman Derek Tupling said the company continues to monitor the situation.

When asked about Shoppers Drug Mart's application, federal Health Minister Jane Philpott highlighted the "strict regulatory regime" in place for access to medical marijuana.

THE CANADIAN PRESS

## COMMERCE

### Malls must diversify to attract people: Experts

The rise of online shopping is forcing Canadian shopping malls to become destinations that offer entertainment, services and sporting venues in addition to traditional clothing stores, a real estate conference heard Tuesday.

Shoppers of all ages, but particularly millennials, are seeking places to meet others and enjoy new experiences and malls can deliver that venue, says Emeka Mayes, director of acquisitions for First Capital Realty, which has

161 properties in four provinces.

She says it's important for malls not to just fill empty stores, but think long-term by having a good mix of tenants.

That includes adding day-care centres, medical facilities, gyms, grocery stores, entertainment and sporting venues.

In effect, malls have to become more interesting as more people turn to the Internet to shop, says real estate consultant Eric Foster.

THE CANADIAN PRESS



Shoppers make their way around the Toronto Eaton Centre in December 2015.

TORSTAR NEWS SERVICE





## TIM QUERENGESSER ON THE CBC'S UNFAIR ADVANTAGE

### New federal funding isn't paying for journalists in the hinterlands.



Back in June 2014, when the Canadian Broadcasting Corporation lost the rights for Hockey Night in Canada, Canada's private news media's future was set, more or less, to "Screwed."

The Ceeb was losing its fattest revenue vein and entering survival mode just as news reportage was migrating to smartphones from newspapers, televisions, radios and desktop computers. It was then, as the broadcaster looked to reinvent itself, that all of us should have demanded its mandate be revisited — for every other news organization's sake.

Two years later, without that re-examination, the CBC's future is healthy while its competitors in privately owned print news cling to life. The reason: the CBC's wholesale migration to the mobile web, by way of which our tax dollars are underwriting print news (and now even newspaper-like opinion) for the price — zero — that most Canadians are willing to pay to read such stuff on their iPhones.

Last month, Canada lost the 111-year-old weekly print edition of Maclean's (it will now only publish weekly online, monthly in print) as part of the slow-motion cull in print news caused by advertising dollars flocking to other platforms. And last week, Postmedia announced it will lance 20 per cent from its salary load, which means more reporter losses on top of the 800 full-time jobs it has already shed in 2016.

Meanwhile, the Liberals have goosed the CBC's budget by \$75 million this year and \$150 million in years to come.

Ordinarily, I'd celebrate this with a craft beer during my nightly enjoyment of *As It Happens*. But I can't.

The new federal money isn't saving the mythical, journalists-in-the-hinterlands CBC. It's further solidifying the Corp's dominance of the Canadian mobile news pie, to the loss of everyone, including the non-broadcast newspapers and news websites, which are so vital to Canadian democracy.

And, yes, that means Metro, too.

The CBC's mandate was last revised in 1991. Unsurprisingly, the words "digital" and "online" don't appear. Instead, the mandate notes the CBC "should provide radio and television services" (in other words, the "broadcast" part of CBC) and should deliver these services "by the most appropriate and efficient means."

Let's think about that. Radio and television services can be many things, but they definitely aren't written web stories aimed at smartphone readers (though, to be fair, the CBC effectively used the web as an actual broadcast tool with the recent Rio Olympics, during which Canadians web-streamed hundreds of hours of coverage).

So when the CBC moves to increasingly monopolize the national, print-based smartphone audience, devaluing what the public thinks such news costs to produce, while simultaneously slashing regional newsrooms (in Edmonton and myriad other

smaller markets, it's a running joke that few hold the high-pay title of "reporter" any longer), I have to cry foul.

While other media struggle to find new ways to pay journalists, the CBC simply continues to lure talent with a publicly funded alternative. Recently, it announced it will soon pay high word rates for opinion columns from outside contributors. Result: The usual publications in which I'd pay more to read this more exclusive, analytical stuff — The Toronto Star, The Globe and Mail, the National Post and a million of their smaller-market siblings — all just received a publicly funded kick while they're already down.

Let's be clear: Private media has to figure out its own future. As Postmedia's recent numbers show, print advertising isn't going to save us. But as we reinvent ourselves, is it really in Canada's best interest that a taxpayer-funded corporation is helping accelerate our demise — one so seemingly precipitous that some have suggested newspapers also receive public subsidies?

No. The CBC's mandate needs to reflect the reality of today, not 1991, when a floppy disk could hold just 2.8 megabytes. Knowlton Nash had just retired and the worldwide web was a thing only academics talked about. The CBC's mandate says "broadcaster"; the CBC's actions say otherwise.

### Modest proposal: Black women do all the voting



**Vicky Mochama**  
Metro

Beyonce's *Formation* album and tour, Simon Biles at the Olympics, Michelle Obama's entire existence — black women have given the world so much. So: what if everyone else gave back and let only black women vote?

I find myself in the odd position of casually disenfranchising 90 per cent of Americans to suggest that, perhaps, only black women should go to the polls. Since we've learned that we're comfortable with fascism as long as it's entertaining, I'll make my case.

When I wrote about "nasty woman" T-shirts being a white woman's privilege, I started thinking about how black women actually figure into the presidential election. For black women, it's really not a simple choice. The Clintons do not have a strong legacy of supporting black communities. From Bill's community- and wealth-crushing welfare and crime legislation to Hillary's use of the term "super-predator" to describe black convicts to, more recently, her 2008 campaign's racially coded messaging (e.g., bragging about her support among whites), there are reasons for black women to not vote for her.

It's why a lot of black women joined the hashtag #GirlGuessImWithHer. Clinton might not demilitarize the police but she at least knows that not all African-Americans live in the inner cities.

Sure, other groups are up to the task of saving democracy. Hispanic voters, most millennial groups and women overall could handily elect Clinton. But only black women would hand Donald Trump a truly humbling loss — a huge defeat, the hugest ever.

According to a YouGov poll, 90 per cent of black women will vote for Clinton (this, despite her having once whipped and nae-nae'd). I'm not sure what's going on with the other 10 per cent, so I'll guess that they're planning a write-in vote for any member of the Obama family, including Bo and Sunny, the dogs.

Ninety-four per cent of black women voted for Barack Obama in 2008 and 2012. In the primaries, Clinton won over 85 per cent of black female votes in states like Texas, Alabama and Georgia. Black women ride-or-die for Dems.

The Mothers of the Movement, women who've lost family members to police violence, spoke at the Democratic convention and at campaign stops. And even black women who don't ride for Clinton per se still voted for her. For example, #BlackLivesMatter co-founder Alicia Garza said to *Elle* magazine, "I voted for Clinton, but I don't support Clinton. I'm not 'with her' and I don't and won't endorse her."

Considering the threat to democracy and White House decor that Trump represents, let's dispense with suspense. He's going to claim it was rigged; we might as well rig it.

Everyone else can rest easy at home. Black women have got this.

**metr** CHIEF OPERATING OFFICER, PRINT **Sandy MacLeod** VICE PRESIDENT & EDITOR **Cathrin Bradbury** EXECUTIVE VICE PRESIDENT, REGIONAL SALES **Steve Shroud** MANAGING EDITOR HALIFAX **Philip Croucher** ADVERTISER INQUIRIES **adinfohalifax@metronews.ca** General phone 902-444-4444



Dartmouth Handcrafters Guild presents:

# 2016 Christmas Craft Festival

**DARTMOUTH SPORTSPLEX**  
110 Wyse Road, Dartmouth  
Over 175 Craft Booths on two levels

**ADMISSION**  
Adults \$5 (good for entire weekend)  
2 for 1 admission Saturday, 5pm to 8pm  
Children under 12 FREE

**SHOW HOURS**  
Friday, October 28... Noon - 9pm  
Saturday, October 29... 10am - 8pm  
Sunday, October 30... 10am - 4pm

Net Proceeds to Charity

[www.handcraftersguild.ca](http://www.handcraftersguild.ca)

**42<sup>nd</sup> YEAR**



# Knitting for charity

## HANDMADE

### Helping those in need with clothing, toys and blankets

Maggie Jenion

Hand-knitted blankets offer a lot of warmth, but also comfort.

Knitters throughout HRM offer that comfort with all kinds of knitted items they donate to people and animals in need.

Olha Khaperska started a blog about five years ago, posting knitting projects needed by non-profits and hospitals.

On her site, halifaxcharityknitters.wordpress.com, there are requests for mittens and hats for a homeless shelter, hats and scarves for mariners who are away from home during the holidays and even knitted toys for animals awaiting adoption at the SPCA.

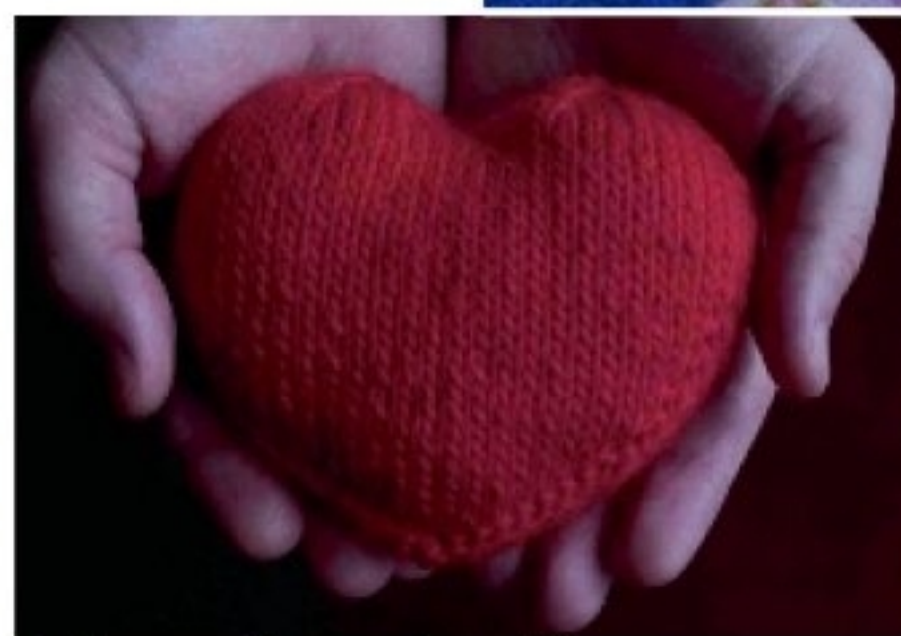
Khaperska also collects knitted squares from seniors, assembles the squares into blankets

and donates them to shelters.

Ruby Kidson, 82, lives at Parkstone Enhanced Care in Halifax. She learned to knit when she was nine and has kept it up ever since. She said it's a relaxing pastime.

She's been knitting for charity, including blanket squares, for three years now.

"It makes me feel good to give back to others," she said. "I like knowing I'm helping a young person in need."



Small homemade items can have a big impact. CONTRIBUTED



Items donated to non-profits and shelters include winter clothing like these purple hats. CONTRIBUTED

The warm homemade items are special to the people who receive them.

Stephanie Sabeau, acting co-ordinator at the Phoenix Youth

Shelter, said they've received hats, socks, mittens, scarves, slippers and blankets for several years now.

The donated items go directly



A kitten awaiting adoption plays with a knitted toy mouse. CONTRIBUTED

into — and onto — the hands of the shelter's young people and their families.

"We keep a bin of items readily available for youth as they come and go during their busy day," Sabeau said. "While not overtly vocal about their appreciation of these items, it's not difficult to see how much they are used and truly appreciated."

Last winter, 180 people were taken into the shelter and all of them were given winter gear, she said.

"I really don't know what we would do without the generous people in our community," Sabeau said. "It's the little things like this that make such a big impact."

## Volunteer's positive spirit radiates through her smile

When Marion Kennedy stands up in front of a crowd she usually begins by pointing out her story started in the last century.

"Because it did," said the 68-year-old in an interview. "It started in June 1981."

That year, a 33-year-old Marion visited her doctor for a regular checkup. The doctor picked her out for a random mammogram even though she was under the regular screening age.

Kennedy said in those days it

seemed like forever to get test results, but it pointed to one thing: breast cancer.

"I was dumbfounded because there is no family history of it."

Kennedy underwent a left mastectomy in 1981 and took chemotherapy for a year. She was under surveillance but happily passed her cancer-free milestones until almost the 25th year.

"And closing in on 25 years another routine mammogram (showed) I got breast cancer

again in 2005," she said. "I was angry because once was enough, you don't need it twice."

She did chemotherapy again and also radiation. And then in 2006, she had a right mastectomy.

In 2009, Kennedy was asked to give the survivor speech at the Run for the Cure in front of about 8,000 people. A little shaky at first, Kennedy said she got through it just fine and enjoyed sharing her ex-



Marion Kennedy. CONTRIBUTED

periences and feelings with the crowd.

Telling her story at public events is something she's been getting used to. Beyond con-

necting with others, Kennedy has also spent many hours volunteering with the Canadian Breast Cancer Foundation answering phones, helping at events and making thousands of pink ribbons.

"Marion's optimism and positive spirit radiate through her broad smile," the Foundation states on their website. "A truly generous woman, Marion gives her time readily to CBCF — Atlantic Region because she shares our vision. Marion be-

lieves in a future without breast cancer."

Back in 1981, Kennedy had no idea she would be so heavily involved in breast cancer support groups, public speaking and volunteering.

"It didn't enter my head one little bit," she said.

Now a badge she's worn all October commemorating Breast Cancer Awareness Month seems to sum up everything about her. It says Living Proof.

— MAGGIE JENION

STEAK  
AND  
STEIN

OCT  
26

OCT  
27

OCT  
28

60+  
APPRECIATION  
DAYS

Guests, 60 years of age or older  
receive 15% off their meal.



6061 Young St. (Young & Kempt), Halifax, 902-454-8814 • 620 Portland St., Dartmouth, 902-434-8814 • steakandstein.ca • Free Wi-Fi



THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.





## How to give your eyes staying power

### HEALTH

#### Aging eyes need extra care to maintain effective vision

Maggie Jenion

Almost everyone needs glasses at some point in their lives. It's just more likely to happen as we cruise past our 40s and into our 50s, 60s and better.

"As the visual system ages it is less able to make the physical adjustments to allow for accommodation," said Robert Dalton, executive director of the Opticians Association of Canada.

Basically, the lens of the eye loses its ability to change shape as we age and can't alter its optical power. This means our depth of field suffers.

"We see our 40-plus people either getting reading glasses, bifocals or even simply taking off their glasses that



Opticians recommend blue light filters to minimize the damage from tech screens. ISTOCK

they have worn their whole life to now be able to read," Dalton said.

There are many, many eye diseases and conditions out there, but some that are of

particular risk to seniors include: age related macular degeneration, cataracts, diabetic eye disease or retinopathy, glaucoma, dry eye and low vision.

Dalton said the best advice is to have an annual eye exam by a licensed professional and learn about your own eye health.

"Develop a relationship

### + WHAT'S IN A NAME?

**How to tell an optician from an optometrist from an ophthalmologist**  
Ever wondered what the difference is between an optician, optometrist and ophthalmologist?

Opticians prepare glasses and contact lenses as well as fit and adjust them

for clients. An optometrist assesses eyesight, as well as diagnoses disorders and prescribes.

Ophthalmologists are medical doctors who have a specialty in eye care. They prescribe as well as provide medication and perform surgery.

with an optician who you can trust and speak to about your eye care needs," he said. "Opticians are generally the gateway to eye health care as they are present in so many locations. They usually require no appointment and you can easily walk in to any optical store and begin a conversation."

Wearing sunglasses is also very key piece of advice, he said.

"And we also notice an increase in our seniors using technology. We advise the use of blue light filters to avoid any damage from computer screens and mobile devices."

### + BIFOCALS

**Seeing two, or more, distances through one pair of glasses**

As our vision changes as we get older, often bifocals are the solution. These are lenses which provide two areas — one for seeing far, the other for near — and are typically separated by a line. Invisible bifocals are progressive lenses where you are able to see in more than two distances without any lines in the lens.

Tuesday is  
**SENIORS' DAY!**

at Metro's  
**NEWEST Discount Outlet**

Receive  
**15% OFF**

**THE ENTIRE STORE!**



*discount hub*

EXPERIENCE THE DIFFERENCE

2 level - 15,000 sq. ft of  
**JUST ABOUT everything!**

**WHY WAIT FOR A SALE?**  
Shop everyday low prices on everyday essentials  
**AND MORE...EVERY DAY!**

Fashion • Giftware • Bedding  
Bath • Cookware • Health & Beauty  
Toys • Electronics & Much More!

211 John Savage Ave, Burnside  
(at Wright Ave)

902-481-1100

Mon-Sat 9-9 • Sun 10-5

Locally Owned & Operated  
All major credit cards & debit accepted

THE CANADIAN  
**OPTICAL WAREHOUSE**

Pair of  
Single Vision  
Eyeglasses

STARTING FROM

**\$59.90\***

Pair of Bifocal  
Eyeglasses

STARTING FROM

**\$89.90\***

Pair of Digital  
Progressive  
Eyeglasses

STARTING FROM

**\$159.90\***

Simply less expensive



OPTICALWAREHOUSE.CA

103 Chain Lake Drive, Halifax  
902 444-1082



\* See store for details.





14 Wednesday, October 26, 2016

## Don't fall for a phone scam

Someone calls and says they're from the bank and they need your credit card number right away.

This is a typical phone scam — someone who is preying on trusting seniors and bilking them out of a lot of money.

"I think seniors are a target for sure because seniors come from an era where if someone calls them and says they're from a certain company or an authority figure they believe that," said Cst. Dianne Woodworth with Halifax Regional Police. "They have no reason not to."

For victims of scams, the financial loss can have a big impact.

"Sometimes there are financial losses and a lot of times seniors are on fixed incomes and that can be hugely devastating."

It's likely some victims of phone scams don't report it to police because they feel embarrassed. But Woodworth said seniors shouldn't feel that way because they've done nothing wrong and the fraudsters are very good at sounding legitimate.

"Always trust your instincts, they're there for a reason," Woodworth said. "Never, ever



Seniors are often the targets of fraudsters. ISTOCK

give out personal or financial information over the phone or via email."

Woodworth also recommends saying you'll think about what they're saying or look into the problem and give them a call back. Look up the number of the agency they say they're calling from and get confirmation.

"If they're calling about something you have no recollection of, that's a red flag as

well," she said.

In the past two years police have warned the public of several scams directed at seniors. This summer investigators were looking into a scam where a bank manager contacted seniors and said there was a problem with their accounts. In another scam, someone saying they're from the Canada Revenue Agency threatened to call police if the victims don't provide credit cards to pay an outstanding tax bill.

In 2014, police warned someone was calling seniors alleging to be their grandchild in need of emergency money. Another scam involved the caller posing as a representative of a utility company who claims the victim's account is late. The caller said the only way to fix it was to call back with a pre-paid credit card.

— MAGGIE JENION

### WHO TO CALL

If you are the victim of a scam, report it to the Financial Crime Unit of Halifax Regional Police at 902-490-5020.

metroSPECIAL REPORT: METRO AGES



Caring for someone else can be very stressful and caregivers often don't get a break. ISTOCK

## Caregivers need to practice self care, too

### MENTAL HEALTH

To avoid burnout, it's important to take breaks

Maggie Jenion

One day Angus Campbell came home and found his partner collapsed on the bathroom floor. That day Campbell's life changed forever.

"He ended up never walking again and he was hospitalized for nine months," he said.

Doctors suspect Campbell's partner contracted tuberculosis meningitis when he visited a dentist in Mexico who might have used a dirty needle.

Campbell became a full-time caregiver for his partner for six months before he died.

"I had to give up my job. Because he was delirious I was the

only person he recognized so I had to be at the hospital 12 or 16 hours a day, which I gladly did," Angus said. "Like most caregivers we're happy to step up to the plate and do that."

But often caregivers forget to care about themselves, Campbell added.

"It can be very stressful for many people," said Campbell who is now the executive director of Caregivers Nova Scotia Association. "It's different for everybody but for me it was there was no break. The closest thing to a break was when home care came."

Caregivers can experience fear, stress and uncertainty.

"There is a lot of fear because your partner might die and you don't know because you're not a health care professional," Campbell said.

"And then there's a lot of self doubt...am I doing this right?" Caregiver stress leads to burnout where people drop off their loved ones at the emergency



Angus Campbell. CONTRIBUTED

room and get out of town for the weekend, he said. These are not uncaring people, just people who need a break.

"It's really hard to tell caregivers to take care of themselves first so I use the analogy of the oxygen mask if you're on a plane," he said. "You're always supposed to put yours on first before you help someone else. As caregivers we have to remember to put our own oxygen masks on."

metroSPECIAL REPORT: METRO AGES

Wednesday, October 26, 2016 15

## Mealtime is about more than eating

### HEALTHY AND HAPPY

Memory and enjoyment add to the dining experience

Maggie Jenion

Meals go far beyond nutrition: it's a time to slow down, enjoy and socialize.

"Meals are an important part of the day for our residents," said Catherine Campbell, director of communications at The Berkeley. "Meal times are guaranteed social outings which is equally as important. A time to chat with others, engage with neighbours and become part of their community to feel support and friendship."

Berkeley chef Jamie MacAulay said he works with residents to provide meals they enjoy that also evoke wonderful, happy memories. Healthy meals are very important to ensure overall positive health for people of all ages, he said.

"It's about being creative by utilizing healthy substitutions to



For everyone, including seniors, dining should include healthy meals as well as someone to share them with. CONTRIBUTED

provide high quality and satisfying choices," he said. "Having a nutritious, well-balanced meal is only part of the dining experience. We believe that serv-

ing interesting, creative meals that are presented with a flare along with the opportunity to socialize should make the dining experience the highlight to

a regular day."

MacAulay said seniors should make sure they have plenty of nutrient-rich foods, and keep sugar, sodium and fat to a min-

imum. Everything in moderation is his advice.

Many seniors make the mistakes of eating traditional recipes that are high in preserva-

tives, eating too many refined products and choosing a high-fat diet. Seniors could also be at risk for diabetes from excessive sugar.

MacAulay said he uses local products and plans meals around seasonal food.

"And we try wherever possible to integrate their traditional recipes and dishes they enjoy," he said.

Seniors should avoid skipping meals or skipping on meals. MacAulay said often if seniors are alone, they'll choose tea and toast or not cook at all because it's more difficult cooking for one.

"At the Berkeley we want them to feel like it is their home but we want to make every meal an experience and an occasion," he said.

Caroline Wolfe Stewart, vice president of operations at The Berkeley, said it's the little things that mean everything.

"The details in our service standards are important to ensure an exceptional experience," she said. "Our team tailors every meal to each resident — even though they know every resident, they listen carefully to individuals' preferences."

**THE FLU VIRUS CAN LIVE UP TO 48 HOURS ON OBJECTS.\***

Don't go viral.  
Get your flu shot.  
Speak to your pharmacist about availability.

dontgoviral.ca  
\*Source: Public Health Agency of Canada

**The Medicine Shoppe PHARMACY**

(902) 406-4110  
Clayton Park Plaza  
70 Lacewood Dr.,  
Halifax

Jamie Flynn  
B.Sc., Pharm.  
Pharmacist/Owner

Find us on Facebook  
Your health. Our priority.

**Love where you live**

ORCA BEST EMPLOYER  
www.theberkeley.com

**The Berkeley**

Do you hear what I hear?  
Beltone, the clear choice for quality sound

**Book your Risk Free\*  
Beltone 360° Hearing Evaluation™**

✓ 500 Aeroplan Miles just for taking the test.  
✓ If hearing aids are not necessary, we will tell you so.

**SAVINGS PACKAGES AVAILABLE ON CERTAIN MODELS**

<b>HALIFAX</b> 422-4327 6589 Chebucto Rd	<b>BEDFORD</b> 835-3494 2 Dartmouth Rd	<b>DARTMOUTH</b> 469-3494 530 Portland St	<b>WINDSOR</b> 798-0952 53 Gerrish St
--	--	---	---

Toll Free: 1-800-565-3494

aeroplan www.beltoneworld.com Beltone Helping the world hear better

\*Aeroplan and the Aeroplan logo are registered trademarks of Air Canada Inc.  
\*Expires Nov. 30, 2016. Audiometric reports available, fee applies. 0% financing available OAC. Some conditions apply. For details or to learn more visit any Beltone The Hearing Aid Centre locations or visit www.beltoneworld.com. VAC health identification cards accepted. WCB approved service provider.

**Melville Gardens**  
Residential Care Facility & Long Term Care Centre

*This fully licensed Assisted and Long Term Care facility provides residents with top notch care, ensuring they are healthy, happy and secure!*

**11 Ramsgate Lane, Halifax 902-477-3135**





# metro AGES

## THE EVOLUTION TO SENIOR LIVING.

16 Wednesday, October 26, 2016

metro  SPECIAL REPORT: METRO AGES

# Natural ways to fight arthritis

## LIFESTYLE TIPS

**For those not getting results, many try naturopathy**

**Maggie Jenion**

There are a multitude of ways to treat joint pain. Many arthritis sufferers explore more natural ways to move more comfortably.

Colin MacLeod is naturopathic doctor based in Upper Tantallon. He said the best way to start is ensuring diet and lifestyle are on track.

"If someone can lose 20 pounds their joints can feel so much better in a big hurry," he said.

Eating a lot of processed food can aggravate arthritis. Exercise is also important, but MacLeod said don't push it too far and risk injury.

"Swimming is a pretty perfect one," he said. "Or even just walking, biking or recumbent biking are pretty perfect for people with arthritis because they might not be able to take such high impact to their joints."

Some herbal medicines and nutrient supplements can be helpful to treat arthritis. The big four are curcumin, boswellia, glucosamine and chondroitin, he said.

One of the big reasons people turn to more natural remedies is because they have a hard time finding results

elsewhere.

"I have quite a few people who went two or three different routes already and I don't want to say anything bad about other professions, but they didn't get the results they were hoping for."

And sometimes people have sensitivities or reactions to medications, which leaves them looking for a different treatment. But the natural route certainly doesn't work for everyone: In some cases patients try natural remedies but find medication and surgery work better.

Michael Ritchie, a Halifax-based orthopedic physiotherapist, said people can have a degenerative joint without any pain, and others can have pain in a joint without it being degenerative. But he said it seems the most affected joint is usually the knee.

Ritchie uses acupuncture along with other methods to treat patients with joint pain.

"It certainly helps to take away some of the pain in some patients," he said, adding acupuncture releases endorphins and helps circulation.

"It's also an active placebo...it gives them a little bit more confidence to move the joint and function the joint in a better way."

Along with acupuncture, Ritchie said they educate patients about their condition while also helping with strengthening and range-of-motion exercises.

"And by teaching people how to move in a more effective manner," he said, "they're not hurting themselves."



Educating yourself about your condition is the first step to getting better treatment. ISTOCK



## Oh My Sole!

FOOTWEAR & ORTHOTICS

### Seniors Day!

LAST THURSDAY  
OF EVERY MONTH

### DOUBLE DISCOUNT! \$20 OFF

Reg Priced Footwear\*  
+ In-store Specials

Put your feet up and let our Footwear Specialist  
find the perfect 'FIT' for your lifestyle!



\*In Stock Only \*Some Exceptions

locally owned!

6061 Young St. Halifax • 902.423.8288 • ohmysole.com



## SERVING SENIORS

ALLIANCE CO-OPERATIVE



your trusted resource of  
caring dedicated professionals

Professionals and business owners who are dedicated  
to serving our vibrant population of seniors.

ACCOUNTING • BLOOD COLLECTION • MASSAGE THERAPY • REALTOR  
EMERGENCY RESPONSE SYSTEM • FINANCIAL ADVISING • FOOT CARE  
DENTAL HYGIENE • MOBILE HAIR CARE • FUNERAL PLANNING  
EYE CARE • INSURANCE • JUNK REMOVAL • LAWYER • MORTGAGE  
FITNESS FOR SENIORS • LANDSCAPING • PHARMACIST  
PHYSIOTHERAPY • PRIVATE HOME FOR SENIORS • PSYCHOLOGIST  
PROFESSIONAL ORGANIZER • RETIREMENT LIVING • PET CARE  
ADVOCACY • COMMUNITY • HEARING • ABC'S OF FRAUD  
FUNERAL EXPENSE PLANNING • FOOTWEAR & THERAPEUTIC SHOES

Visit our website to learn more about our Members and how we can help you.

It's all  
about trust.

[www.SERVINGSENIORS.info](http://www.SERVINGSENIORS.info)

902-499-4122



# Everyone has a story to tell

**Maggie Jenion**

No matter what age, everyone has a memoir inside them.

Marjorie Simmins is an expert: she took a masters of arts in memoir writing and her second memoir book, *Year of the Horse*, was released this fall. She also frequently teaches memoir writing workshops. Memoirs, unlike biographies, capture a single situation in someone's life, not their whole life. Some people who take her workshops have hopes of being published and others want to capture a loved one's stories for the family.

"You don't write a memoir to talk about I, you write a memoir to connect with the world," Simmins said.

Memoirs can be dramatic: tales of heartache, loss, addiction and struggles with careers and/or marriages. But they can also be "absolutely delicious," she said. They can be funny takes on subjects like finding love and breaking up.

Whatever their ideas, Simmins said many of her students are burning with stories they want to tell. Yet some people



Marjorie Simmins released her second memoir this fall, titled *Year of the Horse*. CONTRIBUTED

feel they've led quiet lives and having nothing to write about. "Quite frankly it all depends

on the writing. You can make a trip to the local park an absolutely exquisite essay," Sim-

mins said.

"You may think you've had a quiet, uneventful life or it's not

of particular interest to others but I'm here to tell you it all depends on how you record that."

## + CATHARTIC

When the project comes together, it can be an emotional process going through the fine details of an epic personal event. Simmins said she is often asked if memoir writing is cathartic.

"I don't necessarily find it that way but I think a large portion of people find it cathartic to get their version of a story on paper to look at it and make sense of it to say 'wow this really happened and I really survived it.'"

The particulars of personal stories are all different but everyone can relate to stories of loss, joy, and connection.

Some people feel intimidated by the written word and think they couldn't be an author.

"I just tell people to believe in the power of their story," she said. "If they have enough interest in a subject to walk through a door and sit down with a whole bunch of strangers (at a workshop)...they really want to share."

**Tara MacDonald**  
Fit Club

**GROUP FITNESS CLASSES!**

**FEATURED IN NOVEMBER!**

<b>Bootcamp with Stacey Carter</b>	<b>Wed. 5:30-6:15pm</b>
<b>Zumba with Flo</b>	<b>Wed. 6:30-7:30pm</b>
<b>Circuit Class with Liz Burton</b>	<b>Mon. 6:00-7:00pm</b>

**Drop-in Fee \$11.50 ♦ Monthly Fee \$49.95**  
(includes HST)

**902-407-7502 ♦ 380 Pleasant St, Unit 8, Dartmouth**  
[www.taramacdonaldfitclub.com](http://www.taramacdonaldfitclub.com)

Studio Sponsors: Soles in Motion, One Call Paving and GroPro.ca

**SYMPHONY SUITES**  
**NOW OPEN**  
245 Innovation Dr.  
Bedford

**OPEN HOUSE**  
**MON - FRI 12-4**  
**SAT - SUN 11-5**  
**OR BY APPOINTMENT**

**2 Bedroom**  
Starting at \$1,350

**2 Bedroom + Den**  
Starting at \$1,475

**1 Bedroom & Bachelor**

**ENQUIRE ABOUT OUR SPECIAL INCENTIVES!**

**Heat, Hot Water, Underground Parking, Storage Lockers Included. A/C Heat Pumps**

Minutes from the heart of Bedford, but far enough away to enjoy the peace and quiet that the area offers. Every day conveniences like restaurants, grocery stores, boutiques and so much more are just a few steps away.

**For all leasing inquiries, please call 902.499.1909 or visit [symphonysuites.ca](http://symphonysuites.ca)**





## RECIPE

### These fun ideas go beyond the regular treats

These 2 recipes are devilishly delicious, and the kids will have fun making them too.

#### Pineapple, Carrot and Apple Juice

The kids will never guess this sweet, wicked-looking brew is healthy.

The impressively frothy head comes from juicing the fruits and vegetable from scratch, while we've got the carrots to thank for the thematically appropriate colour.

The result is terrifyingly tasty, especially served chilled in a mad scientist's beaker!

Servings: 1.

#### Ingredients:

- 1/4 pineapple, peeled
- 2 carrots, peeled
- 1 green apple, cored

#### Directions:

1. Cut the fruit and carrots into pieces, if needed, and process through a juicer. Use chilled fruit or add ice cubes for a refreshing juice.

#### Marshmallow Ghosts

A mere 15 minutes is all it takes to scare up a batch of marshmallow ghosts, plus a little waiting time as they cool (you've got trick-or-treaters to cater to anyway).

Gelatin is the active ingredient here, whipped up with corn syrup and sugar



This sweet, wicked-looking brew is healthy, too, with pineapple, carrot and apple juice. TORSTAR NEWS SERVICE



These marshmallow ghosts are a fun treat for little hands. TORSTAR NEWS SERVICE

Prep time  
**15**  
MINUTES

until frothy and silky smooth. The classic marshmallow flavour comes from vanilla extract, and black food colouring gives the pillowy ghosts haunted expressions.

Prep: 15 minutes  
Cooking: 2 minutes  
Cooling: 2 hours  
Servings: Makes 6 large marshmallows

#### Ingredients for the marshmallows:

- Vegetable oil

- 1 tbsp gelatin
- 1/4 cup (60 mL) water
- 1/3 cup (70 g) sugar
- 1/3 cup (75 mL) light corn syrup
- 1/2 tsp vanilla extract
- 1/4 cup (35 g) icing sugar
- 1/4 cup (35 g) cornstarch
- 6 long lollipop sticks or coffee stirrers

#### Ingredients for the icing:

- 1/4 cup (35 g) icing sugar
- A few drops of water
- Black gel food colouring

#### Directions for the marshmallows:

1. Lightly oil six ice-pop moulds.
2. In a small saucepan, sprinkle the gelatin over the water and let bloom for 5 minutes.
3. Add the sugar and warm over low heat, stirring until the sugar and gelatin have dissolved. Pour into a bowl.
4. Add the corn syrup and vanilla and beat with an electric mixer until it forms a soft meringue. With a pastry bag fitted with a large tip, fill the ice-pop moulds.
5. Insert a lollipop stick at the centre of each mould and refrigerate for 2 hours.
6. On a plate, combine the icing sugar and cornstarch.
7. Unmould the marshmallows and gently roll in the icing sugar mixture. Shake to remove any excess.

8. Place the ghosts in a tall glass filled with small black and orange pebbles.

#### Directions for the icing:

1. In a bowl, combine the sugar, water and food colouring.
2. Use a paper cone or a small pastry bag to pipe the eyes on the ghosts.

Keep the marshmallows well wrapped, at room temperature, until ready to serve.

TORSTAR NEWS SERVICE

## LITERATURE

# Thien wins Governor General literary award

For writers, few days get bigger than this.

Madeleine Thien Tuesday won the 2016 Governor General's Literary Award for fiction, worth \$25,000, for her novel *Do Not Say We Have Nothing*. Later, the Montreal-based writer attended the 2016 Man Booker Prize ceremony in London as one of six finalists — and one of two Canadians — vying for the £50,000 (\$81,000) award. She was in pole position to end a 14-year Man Booker drought for Canada, according to some bookies who had her listed as 2:1 to win.

Instead, Paul Beatty, author of *The Sellout*, a satirical novel about modern slavery and a race trial, made history as the first American to win the prestigious prize.

The other Canadian in this year's race was Montreal-born David Szalay for *All That Man Is*, who was joined on the list by Scotland's Graeme Macrae Burnet for *His Bloody Project*; Deborah Levy for *Hot Milk*; and Ottessa Moshfegh for *Eileen*. Like Thien, Szalay has a Montreal connection — he was born there, but moved to England when

he was a year old and now lives in Hungary.

The last Canadian to win both the GG and the Booker prize in the same year was Toronto-Sri Lankan writer Michael Ondaatje for *The English Patient*, in 1992.

Since, then, two other Canadians have won: Yann Martel was the last in 2002 for *The Life of Pi*. Margaret Atwood also won in 2000 for *The Blind Assassin* — along with Ondaatje these are the only Canadian writers ever to win the prize.

For Thien, 42, the impact of *Do Not Say We Have Nothing*, her

fourth book, is astonishing; along with the GG and Booker prizes, it's also been short-listed for the \$100,000 Scotiabank Giller Prize which will be awarded on Nov. 7, and the Quebec Writer's Federation Literary Award.

"I think I might be at the limit of excitement," she said in September, the week she found out she was on the Giller and Booker shortlists.

The story begins in Canada where a Chinese family takes in a young woman who fled China after the Tiananmen Square protests, but is mostly set in China,

and follows the lives of two generations, musicians whose lives were affected by Mao's Cultural Revolution.

"It felt like it was taking a lot of risks for me," the Vancouver-born writer who now lives in Montreal told the Star in an earlier interview. She'd never tackled an epic scale in her previous books, the "kind of the whole-hearted, no holds barred immersion into China, Chinese culture, language, revolution and a kind of almost Dickensian story-telling" evident in her latest book. TORSTAR NEWS SERVICE



Madeleine Thien  
THE CANADIAN PRESS



**ROSE REISMAN THE SAVVY EATER**

**THIS WEEK:** Bakery items

Consider a bran muffin to be a healthy breakfast or snack? Think again.

**PICK THIS**

**Butter croissant**

Calories 170  
Fat 8g  
Sugar 3g



**SKIP THIS**

**Raisin Bran Muffin**

Calories 320  
Fat 14g  
Sugar 21g



**HERE'S WHY**



**Equivalent in sugar to a Kit Kat bar**

Be wary of that bakery basket; even though a raisin bran muffin sounds healthier than a croissant, it's a poor excuse for a healthy breakfast. You hear the words 'bran' and 'raisins' and you think nutritious, but don't be fooled. The excess sugar and oil used counteracts the nutrients of the bran. Believe it or not, the classic butter croissant is a better choice — still not a nutrient-filled breakfast — but if you're deciding between baked goods in the morning, it's a better bet with close to half the calories, fat and virtually no sugar.

**LIQUID ASSETS**

**Wines to help you get in the Halloween spirit**

Whoever said Halloween is just for kids hasn't wandered their local liquor store. There are more wines, beers and spirits with spooky themes than zombies on The Walking Dead.

I'm not just talking beverages created to take advantage of the holiday. The vast majority are stalking the shelves 365 days a year. Skeletons, skulls, bats, devils, jack-o-lanterns

— you name it — someone has slapped the image on a label.

Getting their Edgar Allan Poe on just in time for All Hallows' Eve are two Canadian wines from Ontario's Niagara Peninsula.

The 2015 Raven Deep Dark Red VQA (\$12.99-\$16.99) is a juicy blend of sweet red berries, while the 2015 Raven Wicked White VQA (\$12.99-\$15.49) is a refreshingly crisp mix of up-front stone fruit.

With a front panel decked

out in an unkindness of ravens (yes, that's what they call a group of them), each has a relaxed drinkability perfect for sipping while you wait for the trick-or-treaters.

Prices reflect the range across the country. Some products may not be available in all provinces.

PETER ROCKWELL/  
METRO



**JOHANNA SCHNELLER WHAT I'M WATCHING**

**Black Mirror offers telling reflection**

**THE SHOW:** Black Mirror, Season 3, Episode 1

**THE MOMENT:** The truck ride

In a near future where people rate one another via their phones, and one's rating determines social status, Lacie (Bryce Dallas Howard) is in a panic. She's trying to get to a wedding full of "high 4's" but due to travel screw-ups, her own rating keeps falling.

Truck driver Susan (Cherry Jones), whose rating is a low 1.4, offers Lacie a ride. Reluctantly, Lacie climbs in, then surrepti-

tiously checks Susan's feed. Susan notices.

"1.4 — gotta be an anti-social maniac, right?" Susan asks.

Lacie's not accustomed to honesty. "No," she says, "you seem —"

"Normal?" Susan asks. "It took some effort. You don't look like a 2.8."

"I got marked down at the airport for yelling," Lacie explains.

"How did it feel?" Susan asks.

"Awful," Lacie replies.

"I meant the yelling," Susan says.

As you probably know, the title of this anthology series refers to our screens, and the episodes are cautionary tales against willingly subjugating ourselves to technology. This one, Nosedive, directed by Joe Wright (Atonement) and written by Parks and Recreation veterans Rashida Jones and Michael Schur (creator of The Good Place, which I'll discuss next week), is more comedic than most. But it's onto something about our near-constant need for validation. The last 50 years of sci-fi were

**Vancouver eatery best in Canada**

ENROUTE

**New restaurant Japanese-Italian Kissa Tanto takes top prize**

Joel Watanabe's restaurant Kissa Tanto, with a blend of Italian and Japanese cuisines, has been named Canada's best new restaurant by enRoute magazine.

It's not the first time Watanabe and business partner Tannis Ling have made the top 10 list. In 2010, the team's French-Chinese brasserie Bao Bei was second.

"We're all pretty thrilled," Watanabe, 40, said from Vancouver. His 1960s Tokyo jazz bar-inspired Kissa Tanto — which means House of Plenty — is located in Old Chinatown on the second floor of a faded building. The 74-seat space opened in the spring.

"There's a bit of a journey getting into this space, but I think people are usually blown away when they get in here," he added, explaining the decor "really harkens to somewhere that is not Vancouver so you feel literally transported, I think, when you're in this room. You feel New York or L.A. in its heyday."

Watanabe refuses to let his food be pigeonholed into one cuisine. As an example, he's now serving a lamb dish topped with tosa sea seaweed and olive oil, accompanied by the Sardinian pasta fregula that is flavoured with anchovy butter and sesame and garnished with egg yolk puree, scallions and pickled chilies.

"Sometimes dishes tend to feel more Italian and some-



"Sometimes dishes tend to feel more Italian and sometimes more Japanese," says Kissa Tanto owner Joel Watanabe of his restaurant's menu. CONTRIBUTED

times more Japanese. It's very rare that it's right in the middle," Watanabe said. A blend of cuisines is not surprising for a chef who grew up in Ottawa dining on multicultural cuisine — French Canadian from his mother's influence and Japanese from his father, while his grandfather was Corsican.

"My parents met hitchhiking in Guatemala in the '70s so there's also South American and Mexican influence in the food I grew up with."

The other restaurants on the top 10 list, marking its 15th anniversary, span the country, from Bay Fortune, P.E.I., to Victoria. At Fire-Works in Bay Fortune, celeb-

rity chef-turned-innkeeper Michael Smith creates feasts served at communal tables with ingredients foraged from his land and cooked over live fire.

In Montreal, restaurateur Jen Agg teamed up with members of Arcade Fire to build Agrikol, a Haitian restaurant with a vibe straight from Port-au-Prince.

Kraken Cru in Quebec City, featuring seafood expertise in a raw bar, is an intimate and homey 12-seat space, while Victoria baker Cliff Leir takes his ethical, all-organic approach a step further with the French-by-Northwest cuisine of Agrius.

THE CANADIAN PRESS

**THE TOP 6@6**

LAST NIGHT ON 101.3 VIRGIN RADIO:

- 6 Ariana Grande ft. Nicki Minaj  
**Side To Side**
- 5 Halsey Steinfeld ft. Zedd and Grey  
**Starving**
- 4 The Weeknd ft. Daft Punk  
**Starboy**
- 3 Twenty One Pilots  
**Heathens**
- 2 Tory Lanez  
**Luv**
- 1 Bruno Mars  
**24K Magic**



WEEKDAY MORNINGS  
**AT 7:47**

Find the Virgin Radio in your area: [Twitter](#) [Facebook](#)



## The Civic hatchback, all grown up



### REVIEW

### First hatch in 17 years delivers just like the sedan



It's hard to believe it's been almost 17 years since a hatchback version of the Honda Civic was last sold in North America.

Sure, there was Honda's half-hearted attempt at reviving the beloved body style in the early 2000s with the niche three-door Civic Si, but even that was discontinued more than a decade ago, leaving a huge gap in the automaker's lineup. But Honda is ready to make up for lost time with an all-new Civic hatch aimed at fun and function.

In bringing the Civic hatch back to North American shores, Honda has cranked up the car's practicality with the addition of two rear doors. It rides on the same platform as the sedan and coupe models, but measures about 114 millimetres shorter than both, giving the Civic hatch a sportier stance than its stablemates — its wheels sits closer to the corners.

As expected, the Civic's continuously variable transmission displays a moderate amount of the 'rubber band' effect typical when the pedal is pressed hard,

but quiets down when cruising.

Driving the twisting roads of Ontario's cottage country put the Civic hatchback's taut chassis to the test and it responded well, behaving more like the coupe than the sedan. Steering feel is still a little numb, but the variable-ratio setup helps tighten it up as the car reaches higher speeds and responds well to input.

The Civic hatch drives a bit like a mash-up of the coupe and sedan, feeling sporty enough to have fun while offering the all-important commuter comfort that's key in this segment.

The front of the Civic hatch's cabin looks and feels a lot like the sedan's, and that's because it is a lot like the sedan's. It looks every bit as modern as the rest of the Civic family but it could benefit from some soft-touch materials in place of the hard plastics found on the doors and dash.

When it comes to safety features, the Civic leads in the segment. Features like cruise control and automatic headlights are standard, while the Honda Sensing suite adds forward collision warning with collision mitigation braking, lane-keep assist and adaptive cruise control.

The car plays into the nostalgia of an entire generation, stirring up high school memories of unadulterated fun. It's a much more mature car now, so it's not the same Civic hatchback we grew up with, but rather a grown up car that's still fun and not too grown up.

### THE CHECKLIST | 2017 HONDA CIVIC HATCHBACK

#### THE BASICS

**Engine:** 1.5L turbocharged four-cylinder

**Transmission:** Six-speed manual; continuously-variable auto

**Power:** 174 hp, 167 lb-ft of torque (manual)

**Fuel Economy (litres/100 km):** 8.0 city, 6.2 hwy (manual); 7.7 city, 6.0 (CVT)

**Price:** Starts at \$21,390



#### LOVE IT

- It's a hatchback!
- Manual transmission
- Cargo capacity

#### LEAVE IT

- Cheap base interior
- Still no volume knob



# GILLER LIGHT BASH

IN SUPPORT OF



Literacy:  
Learning for Life.  
L'alphabétisation:  
Une leçon pour la vie.

Raise a glass in support of literacy and come celebrate one of Canada's most prestigious book awards—the **SCOTIABANK GILLER PRIZE**. Join us to watch the live award broadcast, along with cocktails, food, amazing prizes—and a chance to win a Kobo and an autographed set of the Giller Prize Finalists. Funds raised at this event support Frontier College, Canada's original literacy organization.

Hosted by **AMY SMITH**

**TICKETS: \$25**

Students: **\$10** | Patron: **\$60**

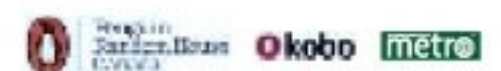
**NOVEMBER 7, 8PM–11PM**

Atlantica Hotel Halifax, Guild Hall, 1980 Robie St

[gillerlightbash.ca](http://gillerlightbash.ca) | [frontiercollege.ca](http://frontiercollege.ca)

Twitter: @gillerlight | Facebook: @gillerlightfx

Sponsored by:



Quill & Quire #WALRUS







# THE VEHICLE YOU WANT, WITH THE COLD WEATHER FEATURES YOU NEED.

## NO-EXTRA-CHARGE SE WINTER PACKAGE<sup>^</sup>

- ✓ Heated Seats
  - ✓ Heated Mirrors
  - ✓ Heated Steering Wheel
- WITH THE PURCHASE OR LEASE OF ANY NEW 2016 FOCUS SE (\$700 MSRP value)

+

## NO-EXTRA-CHARGE WINTER SAFETY PACKAGE\*

Winter Tires | Rims | Sensors  
WITH THE PURCHASE OR LEASE OF ANY NEW 2016/2017 FOCUS (\$1,504 MSRP value)

+

## PURCHASE FINANCE

**0% | 84**  
**APR\*\* | MONTHS**  
ON ALL NEW 2016 FOCUS



## PURCHASE FINANCE THE 2016 FOCUS SE HATCH AUTO WITH SE WINTER PACKAGE

<b>\$125</b>	<b>0%</b>	<b>84</b>	<b>\$0</b>
EVERY 2 WEEKS	APR <sup>†</sup>	MONTHS	DOWN

## OR CASH PURCHASE FOR

**\$22,549<sup>‡</sup>**

OFFER INCLUDES \$1,700 IN FREIGHT AND AIR TAX

Find a vehicle ready for cold weather at [findyourford.ca](http://findyourford.ca) or visit your Atlantic Ford store today.

**IT'S EASY TO GET INTO A FORD**

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-566-3673. For factory orders, a customer may either take advantage of eligible manufacturer Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Uplift Program or the Commercial Fleet Incentive Program (CFIP). <sup>^</sup>Offer valid between October 1, 2016 and November 30, 2016. Receive a SE Winter Package when you purchase or lease a new 2016 Focus SE. This offer is not applicable to any Fleet or Government customers, and not combinable with CPA, GPC, CFIP or Daily Rental Allowances. \*Receive a winter safety package, which includes: four (4) winter tires, four (4) steel wheels (Edge receives alloy wheels), and four (4) tire pressure monitoring sensors when you purchase or lease any new 2016/2017 Ford Fiesta, Focus, Fusion, C-MAX, Taurus, Escape, Edge (excluding Sport), Explorer, Flex, Expedition, F-150, F-250/F-350 SRW between October 1, 2016 and November 30, 2016. This offer is not applicable to any Fleet (other than small fleets with an eligible FAN) or Government customers, and not combinable with CPA, GPC, CFIP or Daily Rental Allowances. Vehicle handling characteristics, tire load index and speed rating may not be the same as factory-supplied all-season tires. Winter tires are meant to be operated during winter conditions and may require a higher cold inflation pressure than all-season tires. Some conditions apply. Consult your Ford of Canada dealer for details including applicable warranty coverage. \*\*Until November 16, 2016 and from November 29 to 30, 2016, receive 0% APR purchase financing on new 2016 Focus for up to 84 months to qualified retail customers, on approved credit (DAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest interest rate. Example: \$25,000 purchase financed at 0% APR for 48/60/72/84 months, monthly payment is \$520.83/\$416.67/\$347.22/\$297.62, cost of borrowing is \$0 or APR of 0% and total to be repaid is \$25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit Canada Limited. †Until November 16, 2016 and from November 29 to 30, 2016, receive 0% APR purchase financing on a new 2016 Focus SE Hatch Auto with SE Winter Package for up to 84 months to qualified retail customers, on approved credit (DAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. 2016 Focus SE Hatch Auto with SE Winter Package for \$22,549 (after \$0 down payment or equivalent trade-in, and Manufacturer Rebates of \$0 deducted and including freight and air tax charges of \$1,700) purchase financed at 0% APR for 84 months, monthly payment is \$270 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of \$125), interest cost of borrowing is \$0 or APR of 0% and total to be repaid is \$22,750. Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. Down payment may be required based on approved credit from Ford Credit. All prices are based on Manufacturer's Suggested Retail Price. ‡Purchase a new 2016 FOCUS SE Auto with SE Winter Package for \$22,549 (after Manufacturer Rebates of \$0 deducted). Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. All prices are based on Manufacturer's Suggested Retail Price. ©2016 SiriusXM Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.

**SiriusXM**  
Available in most new Ford vehicles with 6-month pre-paid subscription.





# Taking Canadian basketball to new heights

Danilo Djuricic is considered one of the best shooters in the world for his age. He recently announced his commitment to Harvard University, which had been recruiting him since Grade 9. CONTRIBUTED

## WE THE NORTH

### Who's holding court? These homegrown ballers have got next

Sean Deasy

It's no secret basketball is on the rise in Canada. It seems only fitting, since the sport's inventor, Dr. James Naismith, came from the Ottawa Valley.

Today, from neighbourhood playgrounds to pro arenas, more Canadian players are embracing a game that for so many years was overshadowed by hockey and, well, every other major professional sport. Now Canada can boast world-class athletes and coaches, who are honing their skills right at home and taking their country to new levels. Here's a glimpse of just some of the homegrown stars helping to put Canada on the basketball map.

#### Kia Nurse: Rising talent

Kia Nurse, a 20-year-old guard for the Connecticut Huskies and the Canadian national team from Hamilton, Ont., participated at

the 2014 FIBA World Championship and won a gold medal at the 2015 Pan American Games. Seems young for such accomplishments? Nurse has always outperformed for her age. She began dribbling a basketball at age four, and was playing in a competitive league by age seven.

As a teenager Nurse won 10 provincial championships between her high school and club teams. Still in high school, she was invited to train with Canada's national team as a future prospect. Nurse played so well she earned a spot on the squad. Now she's set to take her game — and Canada — to new heights.

#### Dwight Powell: True power

Talk about real power — both brain and brawn. Not only is Dwight Powell a power forward for the Canadian national team and for the Dallas Mavericks, he's also a graduate of prestigious Stanford University.

He grew playing basketball in Toronto inspired by the Raptors and Canadian icon Steve Nash, but didn't get serious until middle school. He was a standout in high school in Florida, and went on

to an illustrious college career. As a senior Powell earned first-team All-Pac-12 honours for the second straight year, and was named to the NCAA All-South Regional Team. He was also named the Pac-12 Scholar-Athlete of the Year.

Now he's looking to help Canada grow in stature on the global basketball stage.

#### Alyssa Jerome: Canadian U-18 phenomenon

What do you do growing up with

a passion for basketball? You compete with anyone and everyone to get better. That's just what teenage phenom Alyssa Jerome has done in her hometown of Toronto. Did it work?

Jerome tried out for her provincial team — and made it. She then tried out for — and made — the national team. And in just her second year, she led the U-17s to a world championship. Now she's the No. 1 ranked U-18 player in Canada — at just 16. Now she's poised to take her game — and her studies — to the next level south of the border: She has just committed to Stanford University.

#### Danilo Djuricic: Shooting star

This is a baller whose shooting for the stars. Not only is six-foot-eight Danilo Djuricic a key player for the future of Canadian basketball, he's also one accomplished young man. The A-student recently announced his commitment to Harvard University, which has been recruiting him since he was in Grade 9. Considered one of the best shooters in the world for his age, Djuricic helped guide the Canadian team to a silver medal at the U-18 FIBA Americas in 2015.

Djuricic, 17, who grew up in Brampton, Ont., was inspired by other hardworking Brampton ballers like Anthony Bennett. The forward is looking to continue to polish his game and, after graduation, has dreams of making it in the pro league.

#### Natalie Achonwa: Power broker

Natalie Achonwa knows how to get things done. Not only was the forward selected ninth overall in the WNBA draft by the Indiana Fever, but at just 23 she's already a two-time Olympian who has won three international medals with Team Canada. She is also the youngest player ever selected to the Canadian senior national team at age 16.

Achonwa was recruited as the first ever international player on the Notre Dame Fighting Irish women's basketball team. In 2011, Achonwa was named to the big east all-freshman team and was selected big east freshman of the week in her freshman season. In her junior season, she was named as an honorable mention for the Associated Press all-America team.

The Guelph-Ont.,-born baller is now looking forward to what the Canadian women's team is about to unleash on the rest of the basketball world.



Clockwise from top left: Kia Nurse, Dwight Powell, Alyssa Jerome and Natalie Achonwa. CONTRIBUTED PHOTOS





# Forward Banking is about more than just banking.

It's about helping people live better lives. That's why we're investing in programs that empower Canadians—to give them a sense of belonging and the self-confidence to embrace life with optimism, and to inspire them not only to find a bright way forward, but also to create it. See how we're helping to empower more than 500,000 Canadians.

[BrightWayForward.ca](https://BrightWayForward.ca)

**Tangerine**<sup>™</sup>  
Forward Banking



## Sid doesn't skip a beat

NHL

### Crosby scores, leads Pens to W in return from concussion

Sidney Crosby scored in his season debut as the Pittsburgh Penguins rallied to beat the Florida Panthers 3-2 on Tuesday night.

Crosby, who scored on a power play, missed the team's first six games with a concussion. Carl Hagelin and Eric Fehr also scored for the Penguins, who extended a seven-game unbeaten streak against the Panthers.

Marc-Andre Fleury, who has started the first seven games of the season for Pittsburgh, stopped 20 shots. Matt Murray, who backstopped the Penguins to a Stanley Cup in June, served as the backup to Fleury after missing the first six games with a broken hand.

Reilly Smith scored a power-play goal and Mark Pysyk also scored for the Panthers, who have lost 11 of 12 against the Penguins in Pittsburgh.

James Reimer made 19 saves in his second start of the season.

Crosby cut the Panthers' lead to 2-1 in the second period. Crosby had to reach for a pass from Evgeni Malkin, but recovered to whip a shot from the slot over Reimer's shoulder.

Hagelin tied it in the third when he sent a shot underneath Reimer's arm during a 2-on-1.

Fehr put the Penguins in front for good when he one-timed a pass from Tom Kuhnhackl be-



Penguins centre Sidney Crosby skates over Panthers right-winger Shane Harper on Tuesday. FRED VUICH/THE ASSOCIATED PRESS

#### TUESDAY In Pittsburgh



tween Reimer's legs.

Crosby, the two-time MVP and reigning Conn Smythe Trophy winner, hasn't played since sustaining a concussion in practice earlier this month. Crosby participated in a full-contact

practice Monday for the first time since suffering his third concussion in six years. He called his participation in practice a major milestone in his recovery.

Crosby described himself Tuesday morning as a game-time decision, but coach Mike Sullivan said the Penguins captain would likely make his season debut barring a setback after participating in the game-day skate.

The Pens honoured the Panthers' Jaromir Jagr, a draft pick of theirs in 1990 who recently

# 1,635

Jaromir Jagr played in his 1,635th game, tying Scott Stevens for seventh all-time.

tallied his 750th goal, during Tuesday's morning skate with a commemorative plaque made out of material from the Civic Arena roof. THE ASSOCIATED PRESS

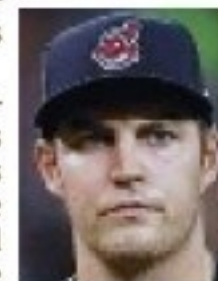
WORLD SERIES

## Bauer gives pinkie finger a thumbs-up

The last time the baseball world caught a glimpse of Trevor Bauer's mangled pinkie finger on his right hand, it was grotesquely dripping blood onto the pitching rubber in Toronto during the AL Championship Series.

Unlike most horror movies, however, Bauer has no plans for a sequel.

The Cleveland Indians pitcher is confident the mound will be blood free when he starts Game 2 of the World Series on Wednesday night against the Chicago Cubs. Bauer tested the finger — notoriously hurt while he was tinkering with a drone — during a simulated game on Monday. He wore gauze over the finger — a no-no during an actual game — just to see if it could withstand the pressure



Trevor Bauer GETTY IMAGES

### + MATCHUP

Bauer, who went 12-8 with a 4.26 ERA in the regular season, will oppose Jake Arrieta (18-8, 3.10) in Game 2 Wednesday.

placed on it when Bauer grips the ball and lets it rip.

When Bauer unwrapped the finger after throwing about 20 pitches, he exhaled.

"We took it off and it was completely white, so it was a non-issue," Bauer said.

That was hardly the case in Game 3 of the ALCS, when Bauer lasted all of two outs, the still fresh wound ripping open and caking Bauer's jersey, pants and portions of the mound in blood.

THE ASSOCIATED PRESS

Go to [metronews.ca](http://metronews.ca) for coverage of Game 1 of the World Series

### NHL IN BRIEF

#### Stamkos' 4-point night leads Lightning over Leafs

Steven Stamkos wasted little time Tuesday night reintroducing himself to his hometown.

The Tampa Bay star scored on his first shift of the game, and finished with two goals and two assists as the Lightning went on to beat the Maple Leafs 7-3 in Toronto.

THE CANADIAN PRESS

#### Zajac scores twice in crunch time in Devils' win

Travis Zajac scored twice in the final 2:01 to lead the New Jersey Devils over the Arizona Coyotes 5-3 on Tuesday night.

Taylor Hall scored twice and Adam Henrique also had a goal for New Jersey, which is 3-0-0 at home.

Cory Schneider made 28 saves for the Devils.

THE ASSOCIATED PRESS



WIN MOYA'S

# Favourite THINGS

LISTEN WEEKDAYS

# 7:11AM

# 6100

today's best music

iHeartRADIO



# 'Little things' important to DeRo ahead of new season

NBA

## Raps star says eliminating mistakes key to making playoffs

They will search for perfection knowing full well it is unattainable, but the attempt to eliminate tiny mistakes and to learn from them in the middle of the grind of an NBA season will be what drives the Toronto Raptors.

They know they are good but not great. They have tasted playoff success few thought possible, but fell short of the ultimate goal. They go into the 82-game marathon that begins Wednesday night firmly aware that ridding themselves of bad habits in the next six months will be crucial to success in the playoffs.

"It seems like everything you do is a mistake because you want to do it completely right, because you know the small margin of error you have

when playoff time comes," DeMar DeRozan said Tuesday on the eve of Toronto's season-opening outing against the Detroit Pistons at the Air Canada Centre.

"You're really more concerned about the little things you mess up on because later in the season, late in games, that's what decides whether you win or lose."

This is a season unlike any other in the franchise's history. Coming off their best season ever — 56 wins, two play-off series victories, a six-game trip through the Eastern Conference final — the Raptors are now the hunted rather than the hunter.

Teams like Boston, Indiana and Detroit are taking dead aim at them.

The Raptors are a measuring stick and that's never

been the case in the 22-year history of the team.

They return the basic core of last year's team — the injured Jared Sullinger is the nominal Bismack Biyombo alternative — and that continuity has to count for something. Four of Wednesday night's five starters started Game 1 last year. Back-ups Cory Joseph, Terrence Ross, Patrick Patterson and Norm Powell remain.

It is a huge benefit, one that they will need to exploit as the season goes on.

"It's always kind of been our advantage the last couple of years, the camaraderie, the knowing one another, the coaching staff," DeRozan said.

"Not too much changes and we kind of lean on that a lot ... hopefully it'll pull through for us now, especially with the injuries we have, a couple guys down."

The down guys are Sullinger and Lucas Nogueira and that represents a huge dent in Toronto's front court. But during this ascension through the East — more wins each of the last four seasons than the one previous — coach Dwane Casey has dealt with injuries and his message has never wavered.

“

**We have to be the hardest working team.**

Raptors coach Dwane Casey



Dwane Casey  
GETTY IMAGES



DeMar DeRozan knows what it will take for the Raptors to surpass last season's historic feat. NED DISHMAN/NBAE VIA GETTY IMAGES

This year, despite the success of 2015-16, is no different.

"We have to be the hardest-working team ... we have to do it collectively as a group and we've got to have the same

mentality," he said.

"I know you guys get tired of hearing me say the same thing, but it's about consistency. That's not going to change."

TORSTAR NEWS SERVICE

## IN BRIEF

### Flagrant foul ban delays Biyombo's Magic debut

The Bismack Biyombo era in Orlando will be delayed one game.

The Magic's prized free agent signer this summer is suspended by the NBA for the Wednesday night's season opener against Miami because the centre exceeded the flagrant foul limit during last season's playoffs when he was with the Toronto Raptors.

THE ASSOCIATED PRESS

### Sturridge double sends Liverpool into quarters

Liverpool striker Daniel Sturridge and Arsenal winger Alex Oxlade-Chamberlain both scored twice to secure passage for their youthful teams into the quarterfinals of the League Cup on Tuesday.

Sturridge's double eliminated Tottenham with a 2-1 victory at Anfield while Oxlade-Chamberlain's brace knocked out Reading.

THE ASSOCIATED PRESS

### Brown released by Giants

The New York Giants have released placekicker Josh Brown after police documents revealed Brown had admitted to repeatedly abusing his former wife while they were married.

The release came Tuesday after the player issued a statement insisting that he never hit his wife during a six-year period when he admits spousal abuse. THE ASSOCIATED PRESS

## SERVICE DIRECTORY

To advertise contact 902-421-5824

OCTOBER 26

### COMMERCIAL SPACE

**Hold the keys to your new commercial lease space today!**

Only \$14/ Sq Ft

Herring Cove Road



5,000 Sq Ft

Barrington Street



3,532 Sq Ft

(902) 429-6227 Ex 200 | katelyn.darrigan@gemhc.com

gem  
REALTY INC. BROKER

### CHIMNEY SERVICES

**Graham Chimney Service**

• Masonry • PreFab Chimney  
• Repairs • Install • Cleaning  
WETT Certified  
Licensed Bricklayers

Call Tim 902-880-9546

timothy.graham2@icloud.com

### MASSAGE THERAPY

**John Panter,**  
Certified Rolfer™



Are you  
tired of  
chronic  
pain...?

902 425 2612 • fareast@auracom.com

### MEMORIAL SPECIAL

**LAST CALL!**  
**BRONZE MEMORIAL SALE**

**Why Buy Now?**

• Get ahead of the 2017 price increase  
• **SAVE THE TAX (15%)**  
• **SAVE** the Installation Fee of \$460  
• **Guarantees** early Spring installation

Pleasant Hill Cemetery • Lr Sackville (902) 425-6922



### LASER TAG



**Run. Hide. Laugh. Play**  
200 Bluewater Road, Bedford 902.835.9300



## FINANCIAL

**The Atlantic GOLD & SILVER CENTRE**

**We buy Gold & Silver!**

- \* Get 20% more than other dealers!
- \* Compare rates online!
- \* Professional Service!
- \* Instant Valuation!
- \* Cash payments!



30 Damascus Rd, Bedford. Tel: 1 866 720 9651  
www.atlanticgoldsilver.com

\$750 Loan and more

**No credit check**

Open 7 days from 8 to 8 (EST)

1-855-527-4368



credit700.ca

Call us or apply online

www.credit700.ca

**CALL TODAY**  
to see your ad here!  
**902-421-5824**

## MOVERS

**ABBEY'S SMART MOVE LTD.**

**No Job Too Small**

Hourly & Flat Rates  
Piano's & Packing  
17 Years Experience

**902-488-7771**

## ABLE MOVERS

- Free In Home Quote
- Insured Professional Service

**CALL TODAY**

**902-471-9733**

Free estimates!

## HOME HEATING

**Heat Pumps from \$33/mth**

Nova Scotia Power  
On Bill Financing



**902-444-7870**

Halifax | Dartmouth  
Sackville | HRM

## APARTMENTS

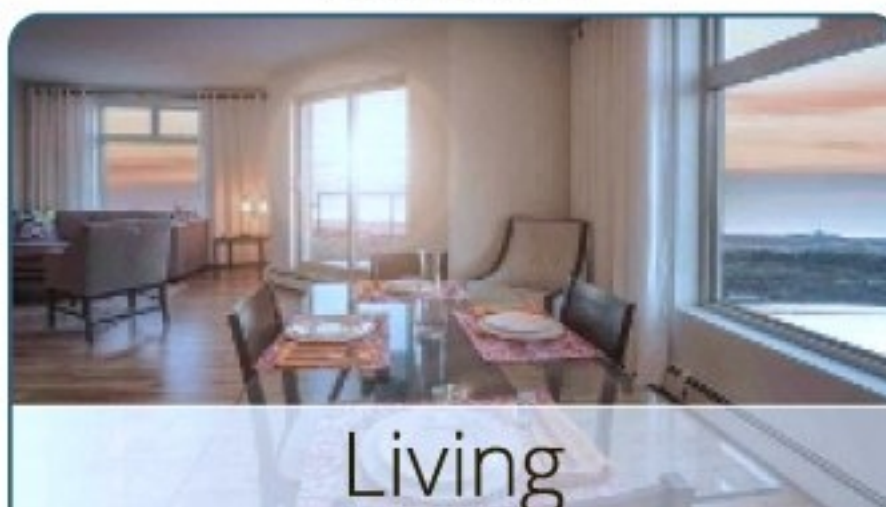
### Belmont Court Apartments

Completely renovated, spacious apartments with large balconies near everything Cole Harbour has to offer!

Clean & Quiet  
Dedicated Parking  
On-site Laundry

Affordable Rates  
On-site Superintendent  
Great Neighbours

957 Cole Harbour Road, Dartmouth  
902-425-5777 • belmontcourt.ca



Living  
**Excellence**



THE ABIGAIL

Open House 10am - 6pm Daily • 56 Jacob Lane, Bedford  
Call 902-402-2591 or visit universalgroup.ca

### NEWLY RENOVATED UNITS

**1, 2 & 3 BR units**

Located on Churchill Crt & Roleika Dr. Dartmouth

**Close to Schools, Buses and All Amenities!**

**1 Bedroom now \$575**

**2 Bedroom now \$620**

**2 Bedroom + Den now \$809**

**3 Bedroom now \$809**

**Call today 902-462-3544  
or 902 830-4851**

**PineRentals@gmail.com**



**498 - 550 HERRING COVE RD**  
**2BR Available - \$669/mth**

Early Move-In & Security Deposit Waiver!  
\$200 Walmart Gift Card!  
Spacious Fully Renovated Units, Balcony,  
New Kitchen Cabinets & Bathroom



**550 - 611 HERRING COVE RD**  
**1BR Available - \$579/mth**

Move in TOMORROW! \$200 Gift Card!  
First home in Canada? Ask about our  
No Security Deposit Promo for Seniors  
Bus Stops Outside your Door!



**FIND MY PLACE TO LIVE! 902-402-1518**

**www.metcap.com**

### APARTMENT FOR RENT

**54 JACKSON ROAD • DARTMOUTH**

Spacious 1 BR apartments. Mature/adult building close to amenities and bus routes.

Heat/HW & Parking included

**\$550**

**902-489-5868 • halifaxapartmentrentals.ca**



**Senior Living**

Now Renting

**All Included 1 & 2 BR Lake Front Suites**

In floor heating, electricity, parking, lights, TV cable, internet, hot water, washer/dryer, dish washer & more

**Starting from \$1395**

67 Citation Dr.  
Hammonds Plains

Call Sven @ 902 717 4917

### Affordable Housing

3/4 BR Duplexes in Dartmouth



For information on our program and an application, please visit:  
**DartmouthHousing.ca**



**902.469.0543**



# RECIPE Slow Cooker Butter Chicken



PHOTO: MAVA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This takeout classic gets a healthy update with coconut oil but if you don't have any on hand, use butter and get an equally delicious result.

## Ready in 6 to 8 hours

Prep time: 10 minutes  
Cook time: 6 to 8 hours  
Serves 4

## Ingredients

- 2 lb chicken thighs or breasts, cut into bite-sized pieces
- 1 onion, chopped
- 3 or 4 cloves of garlic, minced
- 1 tsp minced ginger
- 1 1/2 oz tube of tomato paste
- 1 heaping Tbsp curry powder
- 1 1/4 oz coconut milk

- 1/2 cup Greek yogurt
- 1/4 cup milk
- 2 Tbsp coconut oil
- small handful of cilantro for garnish

## Directions

1. Put everything in the slow cooker and stir it all around.
2. Close the lid.
3. Set the timer for 6 hours. Don't worry if you need to be away from home for 8 hours or longer — it will be okay.
4. Serve with a big spoonful of jasmine rice and a sprinkling of cilantro.

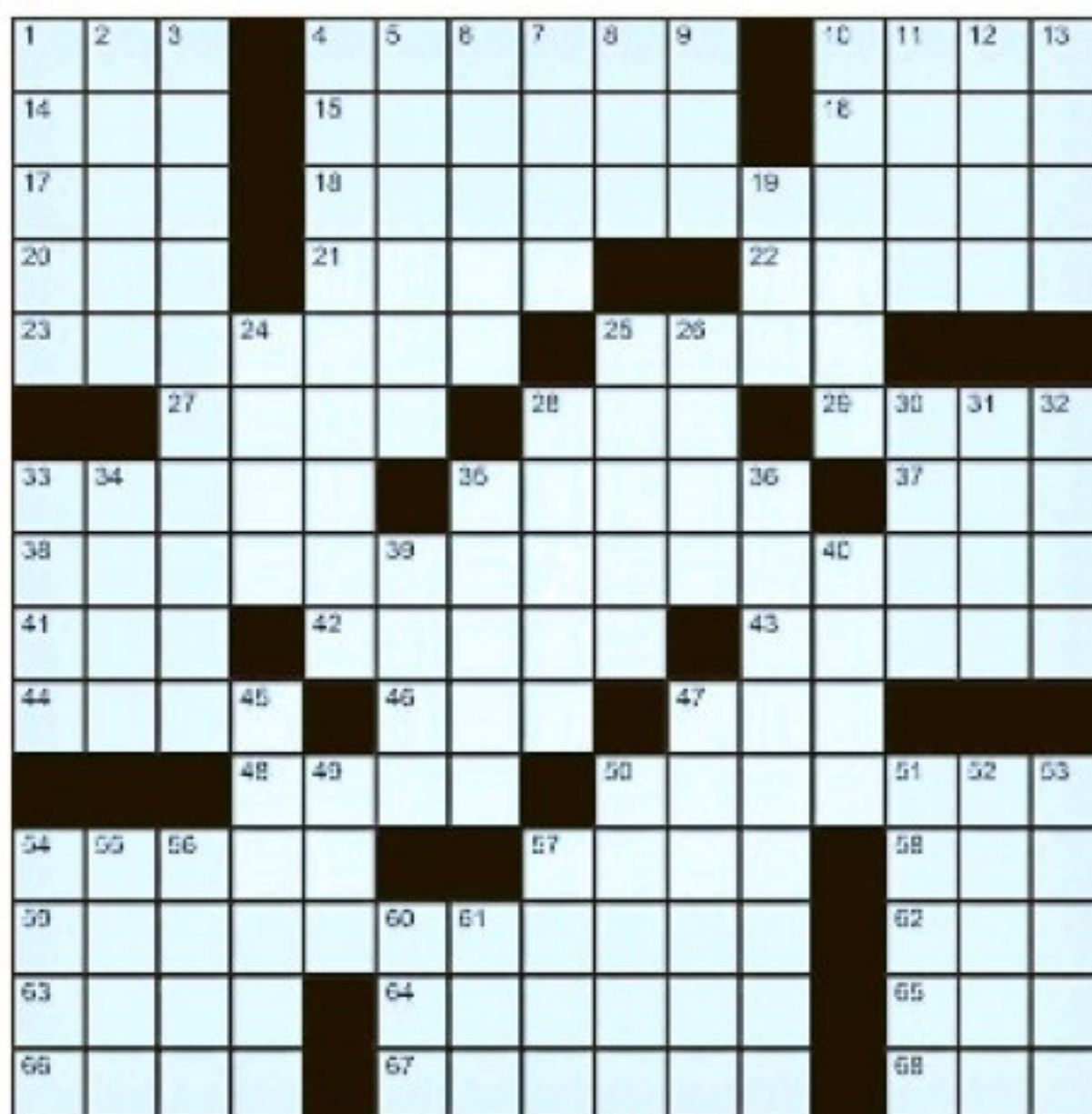
FOR MORE MEAL IDEAS, VISIT  
SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. "Party Hard" singer Andrew, et al.
4. "I'm Sorry": 1960 chart-topper for \_ Lee
10. Tomato variety
14. Excavated deposit
15. Fix the food portions
16. Malefic
17. French body of water
18. Strenuousness
20. Evergreen tree
21. "Buenos \_!"
22. Connecting points
23. Greg, to Carol Brady
25. \_-Flush
27. Heartburn relief brand
28. Car engine's need
29. Survive
33. Ms. Belafonte of '80s TV show "Hotel"
35. Creaky location in many horror movies
37. 'Auction' suffix
38. Prince Charles since #59-Across' reign began in 1952: 4 wds.
41. "Whistle \_ the Lave O'": Song by Scottish poet Robert Burns
42. Dragged into court
43. Moms of cousins
44. \_ bargain
46. Outlying
47. Canadian politicians, e.g.
48. I \_ You! (Away-from-home sentiment)
50. Skilfulness
54. Paxton and Evans
57. Rockefeller Center



- muralist
58. Mary \_ Retton
59. Mum of the royal guy at #38-Across: Name + Roman Numeral
62. Hasty escape
63. Business' symbol on letterhead
64. Men's business-

- wear accessory, variantly: 2 wds.
65. Belief system
66. Comic books legend Mr. Lee
67. Concentrating/focused: 2 wds.
68. Swine's farm area

## DOWN

1. Mr. Blitzer's of CNN
2. Brightly banded snake
3. Writer's fancy-sounding desk
4. Former CFL player who hosts Food Network's "Chopped

- Canada": 2 wds.
5. Cosine and sine
6. \_ Frome (1911 Edith Wharton novel)
7. Naughts
8. \_-eyed
9. \_-Man (Marvel Comics superhero)
10. Draw\*back from sudden fear

11. Love poet of ancient Rome
12. Stage setting, \_-en-scene
13. Charity contributions
19. Weekend getaway accommodation
24. Happy meower's noise
25. Located
26. Descended, as from a perch
28. Survey selection
30. " \_ Flux" (2005) starring Charlize Theron
31. Placed the envelope in the box
32. Very, in Verdun
33. Store
34. Manolo Blahnik part
35. 1957 Ayn Rand novel, \_ Shrugged
36. Dried lips balm
39. Clods
40. Autumn shade
45. Books-selling website
47. Shriver and Sharapova
49. Patience \_ virtue
50. Zubin \_ (Celebrated conductor)
51. Actress, Tracee \_ Ross
52. \_ beef
53. Delicious
54. Salts, in Sherbrooke
55. Much: 2 wds.
56. Latvia's capital city
57. Leave the text in
60. Post-Guess Who gr.
61. German article

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
You will be delighted by any chance to travel for pleasure today. This also is a good day to explore opportunities in publishing, the media, medicine and the law.

**Taurus** April 21 - May 21  
Keep your pockets open, because gifts, goodies and favors from others will come your way today. People are just generous to you!

**Gemini** May 22 - June 21  
This is a lovely day to relate to others, especially partners and close friends. Feelings of generosity and well-being will bless all your relationships today.

**Cancer** June 22 - July 23  
Work-related travel is likely today. If so, this is something you will enjoy. Meanwhile, praise and assistance from others will make your job easier. Yay!

**Leo** July 24 - Aug. 23  
This is a wonderful, creative day! It's a great day to enjoy sports events and playful activities with children. All social activities, including romantic rendezvous, will please you.

**Virgo** Aug. 24 - Sept. 23  
Today is a much better day to make decisions about home-decorating projects. It's also a good day to entertain at home, as well as to explore real-estate opportunities.

**Libra** Sept. 24 - Oct. 23  
You are in top form today! You're charming, diplomatic and happy to talk to everyone. Appreciate the beauty of your everyday surroundings. Appreciate the love in your world.

**Scorpio** Oct. 24 - Nov. 22  
This is a good day for business and commerce, because you can see ways to boost your assets. You might get a raise or a better job, or you might make a perfect purchase..

**Sagittarius** Nov. 23 - Dec. 21  
You are so charming today! Everyone wants to see your face. In turn, you feel loved and happy. Enjoy your day!

**Capricorn** Dec. 22 - Jan. 20  
Secret love affairs are taking place for some of you. (You know who you are.) Others will enjoy solitude in beautiful surroundings. Perfect.

**Aquarius** Jan. 21 - Feb. 19  
This is a popular day for you! Enjoy schmoozing with others. Classes, meetings and groups will be a positive experience for you. In fact, all of your interactions with others will benefit you today.

**Pisces** Feb. 20 - March 20  
You might develop a crush on your boss today. Others will approach you for advice on how to make something look more attractive. Don't hesitate to speak your mind.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

8				4				
	6					9		1
	5	4	6	3	9	7		
			2				7	
5			8	9	1			6
	2				6			
		9	3	1	5	4	6	
4		8					9	
				8				7

THE HANDY  
POCKET  
VERSION!

Get the news as it happens



metro

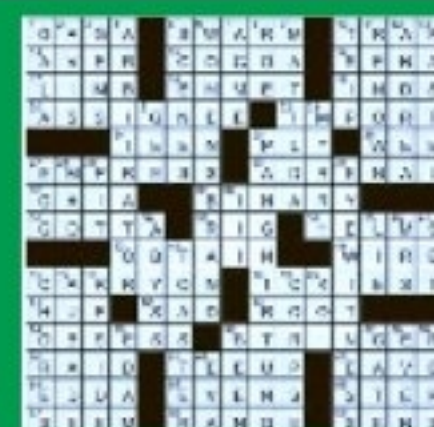


Download the Metro  
News App today at  
metronews.ca/mobile

## YESTERDAY'S ANSWERS

Your daily crossword  
and Sudoku answers  
from the play page.

for more fun and  
games go to  
metronews.ca/games



5	1	7	4	2	8	6	9	3
3	9	8	6	5	7	2	1	4
6	4	2	3	9	1	5	8	7
4	5	1	8	3	9	7	2	6
7	8	9	5	6	2	3	4	1
2	6	3	1	7	4	9	5	8
8	3	6	9	4	5	1	7	2
1	2	5	7	8	6	4	3	9
9	7	4	2	1	3	8	6	5



ONLY AT O'REGAN'S DARTMOUTH  HYUNDAI®

# BREAST CANCER AWARENESS MONTH

2017

**ELANTRA GL**

FINANCE FROM  
**\$49\***  
WEEKLY

LEASE FROM  
**\$46\*\***  
WEEKLY FOR  
**60**  
MONTHS

**\$750 OFF**



HEATED  
STEERING  
WHEEL



BLIND SPOT  
DETECTION



REAR CROSS-TRAFFIC  
DETECTION



**PLUS  
BONUS**

**WINTER TIRE  
PACKAGE**



**\$50 from every 2016 Accent or 2017 Elantra sold will go towards Breast Cancer research.**



**WE'LL PAY  
YOUR TAX PLUS  
UP TO 10%  
OF MSRP ON REMAINING  
2016 MODELS\***

WAS  
~~**\$13,899**~~

NOW  
**\$8,899\***

2016

**ACCENT L**

FINANCE FROM  
**\$25\***  
WEEKLY

2016

**ACCENT LE**

AUTO, A/C,  
REMOTE STARTER

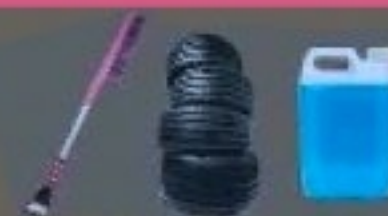
FINANCE FROM  
**\$34\***  
WEEKLY

**PLUS  
YOUR  
CHOICE OF**

**7 YEAR  
WARRANTY**

**OR**

**WINTER  
TIRE  
PACKAGE**



**ON ANY IN-STOCK  
2016 ACCENT**



**O'REGAN'S**  
DRIVING HIGHER STANDARDS

**DARTMOUTH  
HYUNDAI**

**60 BAKER DRIVE, UNIT - D  
465-7500  
oreganshyundaidartmouth.com**

\* Prices & payments do not include freight, taxes or fees. Vehicles may not be exactly as shown, limited availability. Rebates are taxes in. Free 7 year warranty has no cash value and on in-stock vehicles only. Offer subject to change without notice, so come in quick. Sale applies to only the remaining in-stock 2016 Accent L and LE models and 2017 Elantra GL models financed with Hyundai Financial Services. \*\* See dealer for lease information.